

**Texas Gold Best Times Unclassified - 1/24/2009 to 1/25/2009****Sanction #: ST-09-05****Warm-up Sheet**

Warm-up Starts at 09:00 AM

Session: 1 Saturday

Day of Meet: 1 Starts at 10:10 AM

Total Athletes: 228 - Women: 130 - Men: 98

<b>Team</b>		<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>
<b><u>Session I Warm-up</u></b>					
<b><u>9:00-9:20AM</u></b>					
CPS-ST	CEDAR PARK SWIMMING	23	16	39	1-3
GOLD-ST	TEXAS GOLD SWIMMING	23	14	37	4-6
<b><u>Session II Warm-up</u></b>					
<b><u>9:20-9:40AM</u></b>					
PFST-ST	Pflugerville Area Swim Team	23	16	39	1-3
LSAC-ST	Lone Star Aquatic Club	6	9	15	4-5
AMSC-ST	Anderson Mill Swim Club	10	10	20	5-6
<b><u>Session III Warm-up</u></b>					
<b><u>9:40-10:00AM</u></b>					
HEAT-NT	Heart of Texas Aquatics Team	12	13	25	1-2
HOT-ST	Heart Of Texas Swim Team	12	10	22	3-4
WWW-ST	Westwood Aquatics	3	1	4	4
DRD-ST	Del Rio Diamondbacks	11	6	17	5-6
LAKE-ST	Lakeway Lakers	6	4	10	6

Warm-up Starts at 09:00 AM

**Texas Gold Best Times Unclassified - 1/24/2009 to 1/25/2009****Sanction #: ST-09-05****Warm-up Sheet**

Session: 2 Sunday

Day of Meet: 2 Starts at 10:10 AM

Total Athletes: 197 - Women: 122 - Men: 75

**Session I Warm-up****9:00-9:20AM**

	<b>Team</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>
GOLD-ST	TEXAS GOLD SWIMMING	28	15	43	1-4
LAKE-ST	Lakeway Lakers	15	6	21	5-6

**Session II Warm-up****9:20-9:40AM**

	<b>Team</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>
PFST-ST	Pflugerville Area Swim Team	17	14	31	1-3
CPS-ST	CEDAR PARK SWIMMING	19	11	30	4-6

**Session III Warm-up****9:40-10:00AM**

	<b>Team</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>	<b>Lane</b>
AMSC-ST	Anderson Mill Swim Club	8	10	18	1-2
HOT-ST	Heart Of Texas Swim Team	4	2	6	2
WFLY-ST	WEST AUSTIN AQUATICS	13	3	16	3-4
HEAT-NT	Heart of Texas Aquatics Team	5	5	10	4
DRD-ST	Del Rio Diamondbacks	8	4	12	5
LSAC-ST	Lone Star Aquatic Club	4	2	6	6
WWW-ST	Westwood Aquatics	2	4	6	6