

# Warm-Up Lanes

|  | 1 Friday Night    | 2 Saturday AM A | 2 Saturday AM B                                | 3 Sat 10 & Under | 4 Saturday Final | 5 Sunday AM A | 5 Sunday AM B    | 6 Sun 10 & Under | 7 Sunday Final |
|--|-------------------|-----------------|--|------------------|------------------|---------------|------------------|------------------|----------------|
| Crown Point Swim Club                          | 11-12             |                 | 1-4  | 13               |                  | 1-4           |                  | 13               |                |
| Duneland Swim Club                             | 15-16             |                 | 5-8  | 9-10             |                  | 5-8           |                  | 9-10             |                |
| Highland Hurricanes                            | 17-18             | 9-10            |  | 14               |                  |               | 9-10             | 14               |                |
| La Porte Turbos Swim Club                      | 21                | 11-12           |  | 21               |                  |               | 11-12            | 21               |                |
| Hobart Swim Club                               | 21                |                 | 16   | 17               |                  | 16            |                  | 17               |                |
| Irish Aquatics                                 | 1-3               | 1-5             |  | 4-6              |                  |               | 1-5              | 4-6              |                |
| Lake Central Barracudas                        | 4-5               |                 | 11-13  | 7-8              |                  | 11-13         |                  | 7-8              |                |
| Lowell Dolphins Swim Club                      | 9                 | 15              |  | 21               |                  |               | 15               | 21               |                |
| Michigan City Piranha Swim Club                | 9                 |                 | 17   | 18               |                  | 17            |                  | 18               |                |
| Michiana Marlins Swim Club                     | 9                 | 16              |  | 15               |                  |               | 16               | 15               |                |
| Munster Swim Club                              | 13-14             | 17-20           |  | 11-12            |                  |               | 17-20            | 11-12            |                |
| Portage Porpoise Swim Club                     | 20                | 13-14           |  | 16               |                  |               | 13-14            | 16               |                |
| South Bend Swim Club                           | 19                |                 | 9-10   | 19               |                  | 9-10          |                  | 19               |                |
| The Waves Swim Club                            | 9                 |                 | 14-15  | 20               |                  | 14-15         |                  | 20               |                |
| Unattached                                     |                   |                 | 18   |                  |                  | 18            |                  |                  |                |
| Unattached-Indiana                             |                   |                 | 18   |                  |                  | 18            |                  |                  |                |
| Valparaiso Swim Club                           | 6-8               | 6-8             |  | 1-3              |                  |               | 6-8              | 1-3              |                |
| <b>General Warm Up A- Up</b>                   | <b>6:45 -7:05</b> |                 | <b>General Warm Up B</b>                       |                  |                  |               | <b>7:15-7:35</b> |                  |                |
| <b>One Way Sprints in Lanes 1-4 &amp; 7-10</b> | <b>7:05 -7:15</b> |                 | <b>One Way Sprints in Lanes 1-4 &amp; 7-10</b> |                  |                  |               | <b>7:35-7:45</b> |                  |                |