

EASTERN ZONE MEET WARM-UP TIMES ON MARCH 30, 2011

| Lanes | 3:00 | 4:00 | 5:00 | 6:00 | 7:00 | 8:00 |
|-------|-----------------|----------------|-------------|--------------------|---------|--------------|
| 1 | Middle Atlantic | New Jersey | Virginia | Adirondack | Maine | Metropolitan |
| 2 | Middle Atlantic | New Jersey | Virginia | Adirondack | Maine | Metropolitan |
| 3 | Middle Atlantic | New Jersey | Virginia | Adirondack | Maine | Metropolitan |
| 4 | Middle Atlantic | New Jersey | Virginia | Adirondack | Maine | Metropolitan |
| 5 | Middle Atlantic | New Jersey | Virginia | Adirondack | Maine | Metropolitan |
| 6 | Middle Atlantic | New Jersey | Virginia | Adirondack | Maine | Metropolitan |
| 7 | Middle Atlantic | New Jersey | Virginia | Adirondack | Maine | Metropolitan |
| 8 | Middle Atlantic | New Jersey | Virginia | Adirondack | Maine | Metropolitan |
| 9 | Middle Atlantic | New Jersey | Virginia | Allegheny Mountain | Niagara | Metropolitan |
| 10 | Middle Atlantic | Potomac Valley | Connecticut | Allegheny Mountain | Niagara | Metropolitan |
| 11 | Middle Atlantic | Potomac Valley | Connecticut | Allegheny Mountain | Niagara | Metropolitan |
| 12 | Middle Atlantic | Potomac Valley | Connecticut | Allegheny Mountain | Niagara | Metropolitan |
| 13 | Middle Atlantic | Potomac Valley | Connecticut | Allegheny Mountain | Niagara | Metropolitan |
| 14 | Middle Atlantic | Potomac Valley | Connecticut | Allegheny Mountain | Niagara | Metropolitan |
| 15 | Middle Atlantic | Potomac Valley | Connecticut | Allegheny Mountain | Niagara | Metropolitan |
| 16 | Middle Atlantic | Potomac Valley | Connecticut | Allegheny Mountain | Niagara | Metropolitan |
| 17 | Middle Atlantic | Potomac Valley | Connecticut | Allegheny Mountain | Niagara | Metropolitan |
| 18 | Middle Atlantic | Potomac Valley | Connecticut | Allegheny Mountain | Niagara | Metropolitan |