2025 Dowling Catholic Riptide H2Opener								
Saturday Warm Up Assignments								
Session 1 Main Pool		**8:00-8:50am**						
8:00-840	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
	RIP (15)	CIA (30)	CIA (14)	WW (30)	DMSF (23)	IFLY (30)	ACAC (30)	ACAC (9)
	RSC (15)	UN (1)	WW (13)		IFLY (8)			BLAZ (5)
			COE (4)					CAST (6)
								FAST (1)
								SSA (2)
								USSD (6)
8:40-8:50	Lap/Pace	Starts	Starts	Starts	Starts	Starts	Starts	Lap/Pace
Session 2 Main Pool			**12:30-1:20pm**					
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:30-1:10	RIP (24)	RSC (27)	IFLY (33)	CIA (31)	CIA (14)	ACAC (26)	DMSF (24)	WW (19)
	FAST (9)	CAST (6)			BLAZ (14)	USSD (5)	COE (3)	SSA (9)
					UN (3)			
1:10-1:20	Lap/Pace	Starts	Starts	Starts	Starts	Starts	Starts	Lap/Pace