2025 Dowling Catholic Riptide H2Opener								
Sunday Warm Up Assignments								
Session 3 Main Pool		**8:00-8:50am**						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:40	RIP (14)	ACAC (27)	CIA (28)	CIA (11)	WW (28)	DMSF (24)	IFLY (14)	IFLY (27)
	RSC (13)			BLAZE (3)		WW (4)	CAST (4)	
				COE (6)			FAST (2)	
				USSD (3)			SSA (2)	
8:40-8:50	Lap/Pace	Starts	Starts	Starts	Starts	Starts	Starts	Lap/Pace