

## SATURDAY WARM UP

### GENERAL WARM-UP - North Pool

1:55pm - 2:25pm

| BUFFER | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| BLAZE  | BLAZE  | MCSC   | MCSC   | RSC    | RSC    | RSC    | RSC    | RSC    |

### GENERAL WARM-UP - South Pool

1:55pm - 2:25pm

| LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 | LANE 9 | LANE 10 |
|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| BSC/RA | SEA    | SEA    | DSMY   | DSMY   | DSMY   | DSMY   | DSMY   | DSMY   | DSMY    |

### GENERAL WARM-UP - North Pool

2:25pm - 2:55pm

| BUFFER | LANE 1   | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|--------|----------|--------|--------|--------|--------|--------|--------|--------|
| OPEN*  | NSST/OTT | DMSF   | DMSF   | DMSF   | DMSF   | DMSF   | CAST   | CAST   |

### GENERAL WARM-UP - South Pool

2:25pm - 2:55pm

| LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 | LANE 9 | LANE 10 |
|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| CIA    | CIA    | CIA    | CIA    | CIA    | RIP    | RIP    | RIP    | RIP    | RIP     |

Program Pool does not open until competition starts.

\*OPEN is to be used for any swimmer that misses 1st practice and coach is willing to warm them up.