

SUNDAY WARM UP

GENERAL WARM-UP - North Pool

7:55am - 8:25am

BUFFER	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
DMSF	DMSF	DMSF	DMSF	DMSF	RSC	RSC	RSC	RSC

GENERAL WARM-UP - South Pool

7:55am - 8:25am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
DSMY	DSMY	DSMY	DSMY	DSMY	DSMY	DSMY	RA	NSST	BLAZE

GENERAL WARM-UP - North Pool

8:25am - 8:55am

BUFFER	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
OPEN*	MCSC	CIA	CIA	CIA	CIA	CIA	CIA	CAST

GENERAL WARM-UP - South Pool

8:25am - 8:55am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
SEA	SEA	OTT/BSC	RIP	RIP	RIP	RIP	RIP	RIP	RIP

Program Pool does not open until competition starts.

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