

		SATURDAY AM WARM-UP					
		GENERAL WARM-UP SESSION 1					
		7:25am-7:55am					
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
RSC/UNAT	RSC	WW	WW	WW	NSST	CIA	CIA
		7:55am-7:25am Competition 8:30					
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
ACAC	ACAC	CAST/MACR/LIFE	RIP	DMSF	DMSF	DMSF	OPEN
		SATURDAY PM WARM-UP					
		GENERAL WARM-UP SESSION 2					
		Estimate 12:30pm-1:00pm					
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
RSC/UNAT	RSC	MACR/LIFE	WW	ACAC	ACAC	RIP	RIP
		Estimate 1:00pm-1:30pm Competition 1:45					
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SSA	NSST/CAST	CIA	CIA	CIA	DMSF	DMSF	DMSF