

		SUNDAY AM WARM-UP					
		GENERAL WARM-UP SESSION 3					
		7:50am-8:20am					
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
RSC	RSC	RSC	TPAS	TPAS	DMSF	DMSF	DMSF
		8:20am-8:50am					
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SEA	NST/SSA	BLAZE	BLAZE	CIA	CIA	CIA	CIA
		8:50am-9:20am					
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
CAST	CAST	DSMY/IASC	RIP	RIP	RIP	RIP	RIP
		SUNDAY PM WARM-UP					
		GENERAL WARM-UP SESSION 4					
		Estimate 12:45pm-1:15pm					
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
RSC	RSC	RSC	RSC	RIP	RIP	DSMY	DSMY
		Estimate 1:15pm-1:45pm					
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NSST	IASC/SSA	TPAS	TPAS	TPAS	DMSF	DMSF	DMSF
		Estimate 1:45pm-2:15pm					
LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
BLAZE	BLAZE	CIA	CIA	CIA	SEA	SEA	CAST