

Warm-Up Assignments

Note: Each warm-up session will be 30 minutes and will take place according to the following schedule:

Friday-	WU: 4:30pm	Meet Starts: 6:00pm
Saturday AM-	WU: 7:00am	Meet Starts: 8:15am
Saturday PM-	WU: Not before 12:00pm	Meet Starts: Not before 1:15p
1000 Free-	WU: 30 minutes immediately following conclusion of PM Session	
Sunday AM-	WU: 7:00am	Meet Starts: 8:15a
Sunday PM-	WU: Not before 12:00p	Meet Starts: Not before 1:15p

Friday

Warm-Up A		Warm-Up B
LANE 1	HEAT	RED
LANE 2	HEAT	RED
LANE 3	HEAT	RED
LANE 4	BNY	DDST
LANE 5	BNY	DDST
LANE 6	BNY	DSC
LANE 7	BNY	LYNX/OCS
LANE 8	BNY	JAXY/UN/MTV

Saturday AM

Warm-Up A

Warm-Up B

LANE 1	HEAT	RED
LANE 2	HEAT	OCS
LANE 3	HEAT	DDST
LANE 4	HEAT	DDST
LANE 5	HEAT	DDST
LANE 6	BNY	DSC
LANE 7	BNY	DSC/LYNX
LANE 8	BNY	JAXY/UN/MTV

Saturday PM

Warm-Up A

Warm-Up B

LANE 1	HEAT	RED
LANE 2	HEAT	RED
LANE 3	HEAT	DDST
LANE 4	HEAT	DDST
LANE 5	BNY	DDST
LANE 6	BNY	DSC
LANE 7	BNY	OCS/LYNX

LANE 8	BNY	JAXY/BNSC/MTV
--------	-----	---------------

Sunday AM

Warm-Up A

Warm-Up B

LANE 1	HEAT	RED
LANE 2	HEAT	OCS
LANE 3	HEAT	DDST
LANE 4	HEAT	DDST
LANE 5	HEAT	DDST
LANE 6	BNY	DSC
LANE 7	BNY	DSC/LYNX
LANE 8	BNYI	JAXY/UN/MTV

Sunday PM

Warm-Up A

Warm-Up B

LANE 1	HEAT	RED
LANE 2	HEAT	RED
LANE 3	HEAT	RED
LANE 4	HEAT	DDST
LANE 5	BNY	DDST

LANE 6	BNY	DDST/OCS
LANE 7	BNY	DSC
LANE 8	BNY	LYNX/MTV/JAXY