

WARM UP ASSIGNMENTS - 2025 FEB FRENZY - HOSTED BY WCS

~ ALL TIMES ARE SUBJECT TO CHANGE ~

FRI PM

Doors Opens: 4:30PM

25 MIN	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
5:00-5:25P	WCS	WCS	WCS	SPD/UN	WHTN	ECST
5:25-5:50P	WCS	WCS	WCS	M3A/RMSC	WHTN	DUND

Check in closes at 5:20P

First event of Friday PM: #1 9-12 Girls 200 Breast

Session Starts: 6:00P

SAT AM

Doors Open: 6:30AM

20 MIN	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00-7:20A	WCS	WCS	WHTN	RMSC/WHTN	ECST	DUND
7:20-7:40A	WCS	WCS	WHTN	SPD	ECST	DUND
7:40-8:00A	WCS	WCS	WHTN	M3A	LSF	EXPR/UN

Check in closes at 7:20A

First event of Saturday AM: #15 10U Girls 100 Free

Session Starts 8:05AM

SAT PM

Doors Opens: 11:25AM

20 MIN	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
11:55-12:15P	WCS	WCS	WHTN	RMSC/WHTN	ECST	DUND
12:15-12:35P	WCS	WCS	WHTN	SPD	ECST	DUND
12:35-12:55P	WCS	WCS	WHTN	M3A	LSF	EXPR/UN

Check- in closes 12:20P

First event of Saturday PM: #37 Senior Womens 200 Free

Session Starts: 1:00P

SUN AM

Doors opens: 6:30AM

20 MIN	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00-7:20A	WCS	WCS	WHTN	WHTN	ECST	DUND
7:20-7:40A	WCS	WCS	WHTN	RMSC/UN	SPD	DUND
7:40-8:00A	WCS	WCS	WHTN	M3A	LSF	EXPR

Check in closes at 7:20A

First event of Sunday AM: #59 9-12 Girls 200 Fly

Session Starts: 8:05A

SUN PM

Doors Opens: 11:25AM

20 MIN	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
11:55-12:15P	WCS	WCS	WHTN	SPD	ECST	DUND
12:15-12:35P	WCS	WCS	WHTN	RMSC/UN	ECST	DUND
12:35-12:55P	WCS	WCS	WHTN	M3A	HOSC	LSF/EXPR

Check- in closes 12:20P

First event of Sunday PM: #85 Senior Womens 200 IM

Session Starts: 1:00P

HEAT SHEETS WILL BE PUBLISHED/ONLINE ~10 MINUTES BEFORE SESSION START