

Session 1 - Friday Afternoon	
Lane	Team
1	ACAC
2	CIA
3	RIP
4	DMSF
5	USSD
6	NSST
7	NST / FAST
8	SEA
Buffer	RSC
Program Pool	
1	
2	
3	
4	

Session 2 - Friday - Fast 50's - FIRST WARMUP (13&O)	
Lane	Team
1	ACAC
2	DSMY / NST
3	RSC / USSD
4	FAST / NSST / WW
5	RIP / ICE / CAST
6	BLAZ / SSA
7	DMSF
8	COE / MACR
Buffer	SEA / RWSC / CIA
Program Pool	
1	CIA
2	CIA
3	CIA
4	CIA

Session 3 - Saturday - 12 & Under	
Lane	Team
1	ACAC
2	RWSC / FAST
3	RIP / SEA
4	DMSF
5	USSD / BAB / ICE / NST
6	DSMY
7	MCSC / CAST / COE
8	RSC
Buffer	BLAZE / NSST / WW / CIA / UN
Program Pool	
1	CIA
2	CIA
3	CIA
4	CIA

Session 5 - Sunday - 12 & Under	
Lane	Team
1	ACAC
2	RWSC / COE / NST
3	DMSF
4	MCSC / FAST / WW
5	RIP
6	USSD / ICE / NSST
7	DSMY / SEA
8	CAST / BAB / BLAZE
Buffer	RSC / CIA
Program Pool	
1	CIA
2	CIA
3	CIA
4	CIA

Session 2 - Friday - Fast 50's - SECOND WARMUP (12&U)	
Lane	Team
1	ACAC
2	DSMY / NST
3	RSC / USSD
4	FAST / NSST / WW
5	RIP / ICE / CAST
6	BLAZ / SSA
7	DMSF
8	COE / MACR
Buffer	SEA / RWSC / CIA
Program Pool	
1	CIA
2	CIA
3	CIA
4	CIA

Session 4 - Saturday - 13 & Over	
Lane	Team
1	DMSF
2	CAST / BLAZE / RWSC
3	RSC
4	ACAC / DSMY
5	SEA
6	RIP / MCSC / NST
7	COE / BAB
8	NSST
Buffer	FAST / LMST / USSD / CIA / UN
Program Pool	
1	CIA
2	CIA
3	CIA
4	CIA

Session 6 - Sunday - 13 & Over	
Lane	Team
1	DMSF
2	BLAZE / RWSC
3	RSC
4	ACAC / DSMY
5	SEA
6	RIP / MCSC / NST
7	COE / BAB
8	NSST
Buffer	FAST / LMST / USSD / CIA
Program Pool	
1	CIA
2	CIA
3	CIA
4	CIA