

WARM UP LANES: Teams will follow the schedule below for FRI, SAT AM & 10U, SUN AM & 10U. General warmup in all lanes for 45 minutes. During the LAST 15 minutes there will be **ONE WAY SPRINTS IN THE MAIN POOL** in lanes **2-9**, pace in **lanes 1 & 10**. Lanes 11-21 will remain a general warmup. Final session lane assignments will not be assigned. The procedure will remain the same; General warmup in all lanes for 45 minutes. During the LAST 15 minutes there will be **ONE WAY SPRINTS IN THE MAIN POOL** in lanes **2-9**, pace in **lanes 1 & 10**.

[illegible]

WARM UP LANES: Teams will follow the schedule below for FRI, SAT AM & 10U, SUN AM & 10U. General warmup in all lanes for 45 minutes. During the LAST 15 minutes there will be **ONE WAY SPRINTS IN THE MAIN POOL** in lanes **2-9**, pace in **lanes 1 & 10**. Lanes 11-21 will remain a general warmup. Final session lane assignments will not be assigned. The procedure will remain the same; General warmup in all lanes for 45 minutes. During the LAST 15 minutes there will be **ONE WAY SPRINTS IN THE MAIN POOL** in lanes **2-9**, pace in **lanes 1 & 10**.

				Mid Pool					
Lane 11	Lane 12	Lane 13	Lane 14	Lane 15					
ELK	IA	IA	PPSC	MSC					
				Deep End					
Lane 16	Lane 17	Lane 18	Lane 19	Lane 20		Lane 21			
GSI	MM	HOT	MCPS	NASA		NWAC			
				Main Competition Pool SUNDAY PRELIMS					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		Lane 6	Lane 7	Lane 8	Lane 9
LCB	LCB	LCB	PPSC	PPSC		CPSC, GSI	CON	VSC	VSC
				Mid Pool					
Lane 11	Lane 12	Lane 13	Lane 14	Lane 15					
IA	IA	MSC	MSC	NASA, PAC, MCPS					
				Deep End					
Lane 16	Lane 17	Lane 18	Lane 19	Lane 20		Lane 21			
MM	MM	ELK, HOT	HHSC	DUNE		DUNE			
				Main Competition Pool SUNDAY 10U					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5		Lane 6	Lane 7	Lane 8	Lane 9
DUNE	HOT	IA	MSC	MM		GSI, TVAC	HHSC	PPSC, NASA, MCPS	VSC
				Mid Pool					
Lane 11	Lane 12	Lane 13	Lane 14	Lane 15					
ELK	LCB	CON	CPSC	CPSC					
				Deep End					
Lane 16	Lane 17	Lane 18	Lane 19	Lane 20		Lane 21			
NWAC									