



Warm Up Sessions

Sprint lanes will be permitted at the team's own discretion. During sprints, swimmers must enter pool from the starting blocks and exit from the opposite end of the lane.

Saturday, January 31st ~ Session 1 – Start 2:05pm – End 6:45pm

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:30-12:50pm	KJAY							
12:50-1:10pm	KJAY	KJAY	BRY	BRY	BRY	WEST	WEST	WEST
1:10-1:30pm	RAYS							
1:30-1:50pm	BYNS	BYNS	BYNS	BYNS	OPEN	OPEN	OPEN	OPEN



Sunday, February 1st ~ Session 2 – Start 8:30am – End 11:00am

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30-7:45am	KJAY	KJAY	KJAY	KJAY	KJAY	KJAY	BRY	BRY
7:45-8:00am	RAYS	RAYS	RAYS	RAYS	RAYS	WEST	WEST	WEST
8:00-8:15pm	BYNS	BYNS	BYNS	BYNS	OPEN	OPEN	OPEN	OPEN

Sunday, February 1st ~ Session 3 – Start 1:45pm – End 5:45pm

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00-12:20pm	KJAY							
12:20-12:40pm	WEST	WEST	WEST	WEST	BRY	BRY	BRY	BRY
12:40-1:00pm	RAYS							
1:00-1:20pm	BYNS	BYNS	BYNS	BYNS	BYNS	OPEN	OPEN	OPEN