



Saturday - Session 1

6:45 Officials Meeting - 7:45 Timers Meeting
8:00 Meet Begins

Session 3/Finals warmups start at conclusion of Session 2 but not before 4:30
Pool will close 15 minutes before the start of finals

Session Warm-up Schedule - Warm-Up - 6:30-7:45 (6:30-6:55, 6:55-7:20, 7:20-7:45)
Starts & one way sprints in Competition Pool - Last 5 minutes of each warm up session
Pool Closes at 7:45

	Warm Up 1	Warm Up 2	Warm Up 3
Lane 1	LATT	SAGE	HEAT/KEWE
Lane 2	LATT/NAPY	FAST/KENO	KNCY/PAV
Lane 3	LEAN	MYST/DANV	CLY/CANY
Lane 4	LEAN	JETS	SAMY/STRY/CCY
Lane 5	DCST	RAYS	JAXY/BLFN/DECY
Lane 6	DCST/BRRY	DOCS/WCY	SPY
Lane 7	BRRY	TOPS/KKEE	BNY/QFY/HLYS
Lane 8	PALA/FVfy	MCDN/OTTY	DIXN/BVDY
Lane 9	PALA	HIGH/ILVY	One Way Sprints
Lane 10	ELY	One Way Sprints	One Way Sprints
Lane A	DCST	SAGE	SPY
Lane B	DCST	SAGE	SPY
Lane C	DCST	MYST	SPY
Lane D	BRRY	MYST	SPY
Lane E	BRRY	JETS	HEAT
Lane F	LATT	RAYS	KNCY
Lane G	NAPY	DOCS	CLY
Lane H	PALA	TOPS	SAMY
Lane I	FVfy	OTTY	DIXN/BVDY
Lane J	LEAN	ILVY	DNY/QFY
Lane K	LEAN	FAST/KENO	OPEN

After the meet starts warm up pool will be open for warm ups and cool down, you must have a coach present to be in the pool at all times.

Timing Assignments

	Session 1	Session 1	Session 3	Session 3
Lane 1	ILVY	RAYS		
Lane 2	TOPS	OTTY	TOPS	OTTY
Lane 3	JETS	KNCY	BRRY	BRRY
Lane 4	BRRY	BRRY	DCST	BRRY
Lane 5	DCST	DCST	DCST	DCST
Lane 6	SPY	SPY	SPY	SPY
Lane 7	SAGE	SAGE	SPY	JETS
Lane 8	LATT	MYST	LATTT	MYST
Lane 9	HEAT	DOCS	KNCY	HEAT
Lane 10	NAPY	FVfy		



Sunday - Session 4

6:45 Officials Meeting - 7:45 Timers Meeting

8:00 Meet Begins

Session 6/Finals warmups start at conclusion of Session 5 but not before 4:30
Pool will close 15 minutes before the start of finals

Session Warm-up Schedule - Warm-Up - 6:30-7:15 (6:30-6:55, 6:55-7:20, 7:20-7:45)
Starts and one way sprints in Competition Pool - Last 5 minutes of each warm up session
Pool Closes at 7:45

	Warm Up 1	Warm Up 2	Warm Up 3
Lane 1	DCST	STRY/CANY	SAMY/KKEE
Lane 2	DCST/DANV	MCDN/TOPS	BVDY/OTTY
Lane 3	LEAN/CCY	FAST/ELY/DOCS	BRRY/DIXN
Lane 4	FVFY/DECY	FAST/ELY/DOCS	BRRY
Lane 5	SAGE/PAV	SPY	LATT/CLY
Lane 6	JET	MYST/NAPY	LATT/CLY
Lane 7	PALA	MYST	JAXY/BNY/QFY
Lane 8	KENO	KNCY	ILVY
Lane 9	HIGH	RAYS	HEAT
Lane 10	WCY/BLFN/HLYS/KEWE	One Way Sprints	One Way Sprints
Lane A	DCST	TOPS	SAMY/KKEE
Lane B	DCST	FAST/ELY/DOCS	BVDY/OTTY
Lane C	DCST	FAST/ELY/DOCS	BRRY
Lane D	LEAN	SPY	BRRY
Lane E	LEAN	SPY	LATT/CLY
Lane F	LEAN	SPY	LATT/CLY
Lane G	SAGE	SPY	LATT/CLY
Lane H	SAGE	NAPY	JAXY/BNY/QFY
Lane I	JET	MYST	JAXY/BNY/QFY
Lane J	PALA	KNCY	ILVY
Lane K	FVFY	RAYS	HEAT

After the meet starts warm up pool will be open for warm ups and cool down, you must have a coach present to be in the pool at all times.

Timing Assignments

	Session 1	Session 1	Session 3	Session 3
Lane 1	TOPS	ILVY		
Lane 2	HEAT	DOCS	HEAT	DOCS
Lane 3	LATT	RAYS	LATT	LATT
Lane 4	JETS	NAPY	SPY	JETS
Lane 5	SPY	SPY	SPY	SPY
Lane 6	DCST	DCST	DCST	DCST
Lane 7	KNCY	FVFY	DCST	KNCY
Lane 8	BRRY	BRRY	BRRY	BRRY
Lane 9	MYST	CLY	MYST	MYST
Lane 10	SAGE	SAGE		



Saturday - Session 2

Officials Meeting - Not before - 1:30 Timers Meeting Not before - 2:00
Meet Begins Not before - 2:15 Meet Begins

Session 2 warmups start at conclusion of Session 1 but not before 1:15
Pool will close 15 minutes before the start of finals

Session Warm-up Schedule - Each session is 25 minutes long
Starts and one way sprints in Competition Pool - Last 5 minutes of each warm up session
Pool Closes 15 minutes before the start of the meet.

	Warm Up 1	Warm Up 2
Lane 1	WAHOO/IRVP/HLYS	BNY/ELY
Lane 2	WCY/MCDN	DIXN/KENO/QFY
Lane 3	HIGH/STRY	FAST/ILVY
Lane 4	KEWE/BVDY	OTTY/KNCY
Lane 5	TOPS/NAPY	FVFY/SAGE/MYST
Lane 6	PALA/LATT	FVFY/SAGE/MYST
Lane 7	SPY	BRRY
Lane 8	DCST	JETS
Lane 9	LEAN	HEAT
Lane 10	RAYS	DOCS
Lane A	MCDN	FAST
Lane B	KEWE/BVDY	ILVY
Lane C	BNY/ELY	OTTY
Lane D	TOPS	KNCY
Lane E	NAPY	SAGE
Lane F	PALA	FVFY
Lane G	LATT	MYST
Lane H	SPY	BRRY
Lane I	DCST	DOCS
Lane J	LEAN	Open
Lane K	Open	Open

After the meet starts warm up pool will be open for warm ups and cool down, you must have a coach present to be in the pool at all times.

Timing Assignments

	Session 1	Session 1
Lane 1	FAST	BNY
Lane 2	ILVY	ILVY
Lane 3	DOCS	DOCS
Lane 4	LATT	KNCY
Lane 5	SPY	DCST
Lane 6	BRRY	BRRY
Lane 7	SAGE	SAGE
Lane 8	TOPS	TOPS
Lane 9	OTTY	NAPY
Lane 10	FVFY	KEWE



Sunday - Session 5

Officials Meeting - Not before - 1:15 Timers Meeting Not before - 1:45
 Meet Begins Not before - 2:00

Session 2 warmups start at conclusion of Session 4 but not before 1:15
 Pool will close 15 minutes before the start of finals

Session Warm-up Schedule - Each session is 25 minutes long
 Starts and one way sprints in Competition Pool - Last 5 minutes of each warm up session
 Pool Closes 15 minutes before the start of the meet.

	Warm Up 1	Warm Up 2
Lane 1	LEAN	MYST
Lane 2	BRRY	SAGE
Lane 3	DOCS	ILVY
Lane 4	TOPS	DCST
Lane 5	PALA/SAMY	KNCY/HLYS
Lane 6	FAST/ELY	FVFY/KENO
Lane 7	KENE/LATT	BNY/KKEE
Lane 8	NAPY/OTTY	RAYS/BVDY/HEAT
Lane 9	SPY/HIGH	JETS/MCDN/WCY
Lane 10	STRY/DIXN/CCY/DANV	CLY/WAHOO/IRVP/QFY
Lane A	LEAN	MYST
Lane B	BRRY	SAGE
Lane C	DOCS	ILVY
Lane D	TOPS	DCST
Lane E	PALA/SAMY	KNCY/HLYS
Lane F	FAST/ELY	FVFY/KENO
Lane G	KENE/LATT	BNY/KKEE
Lane H	KENE/LATT	RAYS/BVDY/HEAT
Lane I	NAPY/OTTY	JETS/MCDN/WCY
Lane J	NAPY/OTTY	Open
Lane K	SPY/HIGH	Open

After the meet starts warm up pool will be open for warm ups and cool down, you must have a coach present to be in the pool at all times.

Timing Assignments

	Session 1	Session 1
Lane 1	FVFY	FAST
Lane 2	OTTY	NAPY
Lane 3	TOPS	TOPS
Lane 4	DOCS	DOCS
Lane 5	LATT	KNCY
Lane 6	SPY	DCST
Lane 7	BRRY	BRRY
Lane 8	SAGE	SAGE
Lane 9	ILVY	ILVY
Lane 10	BNY	KEWE

