

Saturday AM (Session 1) and Sunday AM (Session 4) warm up 6:30—7:45

Meet starts at 8:00

Diving Well End									
Lane									
1	2	3	4	5	6	7	8	9	10
MYST	MYST	DOCS	KNCY	RAVS	LATT	LATT	SPY	SPY	SPY
Closed									
Closed									
BRRY	BRRY	BRRY	FVfy	BVDY / MCDN	ELY	HLYS / CLY	HIGH / KKEE / KEWE	JETS	JETS
1	2	3	4	5	6	7	8	9	10
Lane									
Start End									
Saturday AM Warm Up Session 1 6:30 - 6:55									
Sunday AM Warm Up Session 2 6:55 - 7:20									

Warm up Session 3 7:20—8:15 will be specific warm ups.
 Lanes 3, 4, 7 and 8 will be one way sprint lanes. Lanes 2, 5, 6, and 9 will be general warm up
 Lanes 1 and 10 will be pace lanes.

Saturday AM (Session 1) and Sunday AM (Session 4) warm up 6:30—7:45

Meet starts at 8:00

Diving Well End

Lane

1	2	3	4	5	6	7	8	9	10
SAGE	SAGE	ILVY	PALA	OTTY	TOPS	SAMY	KISH	KISH	KISH

Closed

Closed

LEAN	LEAN	LEAN	NAPY	FAST	DIXN	QFY / BLFN / PAV	KENO / CANY / DANY	HEAT	HEAT
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1	2	3	4	5	6	7	8	9	10
Lane									
Start End									

Saturday AM Warm Up Session 2 6:55 - 7:20

Sunday AM Warm Up Session 1 6:30 - 6:55

Warm up Session 3 7:20—8:15 will be specific warm ups.
 Lanes 3, 4, 7 and 8 will be one way sprint lanes. Lanes 2, 5, 6, and 9 will be general warm up
 Lanes 1 and 10 will be pace lanes.

Saturday (Session 2) Warm up no earlier than 1:30, Meet Starts at 2:30
 Sunday (Session 4) Warm up no earlier than 2:00, Meet Starts at 3:00

Diving Well End									
Lane									
1	2	3	4	5	6	7	8	9	10
SAGE	DCST	RAYS	TOPS	DOCS	OTTY	FVFP / KENO	NAPY / ELY / KEWE / WCY	PALA / CLY / QFY	CANY / MCDN / STRY / DIXN
Closed									
Closed									
SPY	BRRY	HEAT	LEAN	ILVY	MYST	FAST / IRVP / HLYS	LATT / KKEE / BVDY	HIGH / JETS / WAHOO	KNCY / SAMY / DANY / PAV
1	2	3	4	5	6	7	8	9	10
Lane									
Start End									

Saturday Mid Day Warm Up Session 2 1:30 - 1:35 (or 30 minutes after prelim session)
 1:55 - 2:20 Specific warm up session with lanes 2, 4, 7, and 9 - one way sprints from start end.
 Lane 3 & 8 - one way starts from bulkhead. Lanes 1, 5, 6, 10 & diving well pool - general warm up lanes

Sunday Mid Day Warm Up Session 4 2:00 - 2:25 (or 30 minutes after prelim session)
 2:25 - 2:50 Specific warm up session with lanes 2, 4, 7, and 9 - one way sprints from start end
 Lane 3 & 8 - one way starts from bulkhead. Lanes 1, 5, 6, 10 & diving well pool - general warm up lanes

Saturday Finals (Session 3) Warm up no earlier than 4:45—5:35, Meet starts 5:45
 4:45—5:10 all lanes general warm up
 5:10—5:35 Specific warm up: Lanes 2, 4, 7, and 9 - one way sprints. Lanes 3, 5, 6, and 8 general warm up. Lanes 1 and 10 pace lanes

Sunday Finals (Session 6) Warm up no earlier than 5:00—5:50, Meet starts at 6:00
 5:00—5:25 all lanes general warm up
 5:25—5:50 Specific warm up: Lanes 2, 4, 7, and 9 - one way sprints. Lanes 3, 5, 6, and 8 general warm up. Lanes 1 and 10 pace lanes

Session 1 and 3 timing assignments

1	2	3	4	5	6	7	8	9	10
SPY	SPY	DCST	DCST	BRRY	LEAN	MYST	JETS	LATT	ILVY
SPY	SPY	DCST	DCST	BRRY	LEAN	SAGE	HEAT	RAYS	KNCY

Session 2 timing assignments

1	2	3	4	5	6	7	8	9	10
SAGE	DCST	SPY	BRRY	LEAN	TOPS	ILVY	HIGH	LATT	PALA
SAGE	DCST	SPY	HEAT	RAYS	DOCS	OTTY	FAST	NAPY	CLY

Session 4 and 6 timing assignments

1	2	3	4	5	6	7	8	9	10
SPY	SPY	BRRY	BRRY	LEAN	DCST	SAGE	JETS	LATT	ILVY
SPY	SPY	BRRY	LEAN	LEAN	DCST	MYST	HEAT	RAYS	KNCY

Session 5 timing assignments

1	2	3	4	5	6	7	8	9	10
ILVY	LEAN	SAGE	BRRY	TOPS	OTTY	DOCS	MYST	NAPY	LATT
ILVY	LEAN	SAGE	DCST	HIGH	SPY	HEAT	RAYS	FAST	KNCY