

Saturday AM 11&Over Prelims

Session A Warm Ups - 6:30 AM -7:00 AM

Warm Up Pool		Bulkhead	Competition Pool	
Lane	Teams		Teams	Lane
1	SPY	Open for Session A Teams	SAGE	1
2	SPY		SAGE	2
3	SPY		SAGE	3
4	OTTY		SAGE	4
5	CLY/JAXY		HASTY	5
6	KNCY		ILVY	6
7	DOCS		ILVY/FAST	7
8	KEWE/MCDN		NAPY/QFY	8
9	RAYS		JETS	9
10	RAYS/HLYS		JETS	10

Session B Warm Ups - 7:00 AM to 7:30 AM

Warm Up Pool		Bulkhead	Competition Pool	
Lane	Teams		Teams	Lane
1	DCST	Open for Session B Teams	MYST	1
2	DCST		MYST	2
3	BVDY		TOPS/STRY	3
4	BVDY/ELY		HIGH/KKEE	4
5	LATT/DANY		FVfy/BLFN/DIXN/WCY	5
6	LATT		FVfy	6
7	PALA		HEAT	7
8	PALA/KENO		HEAT/DECY	8
9	LEAN		BRRY	9
10	LEAN		BRRY	10

Session C Specific Warm Up - 7:30 AM to 7:45 AM

Warm Up Pool		Bulkhead	Competition Pool	
Lane	Teams		Teams	Lane
1	General Warm Up	Closed	Push Pace	1
2	General Warm Up		One Way Sprints	2
3	General Warm Up		One Way Sprints	3
4	General Warm Up		One Way Sprints	4
5	General Warm Up		General Warm Up	5
6	General Warm Up		General Warm Up	6
7	General Warm Up		One Way Sprints	7
8	General Warm Up		One Way Sprints	8
9	General Warm Up		One Way Sprints	9
10	General Warm Up		Push Pace	10

Saturday PM 10&Under Timed Finals

Session A Warm Ups - 1:00 PM to 1:25 PM

Warm Up Pool		Bulkhead	Competition Pool	
Lane	Teams		Teams	Lane
1	SPY	Open to Session A Teams	SAGE	1
2	LEAN		SAGE	2
3	ILVY		LATT	3
4	JETS		MYST	4
5	BRRY		DCST	5
6	HASTY		RAYS	6
7	TOPS		DOCS	7
8	OTTY/KEWE		DECY/QFY	8
9	HEAT/KKEE		FAST/BVDY	9
10	PALA/ELY		WCY/MCDN	10

Session B Warm Ups - 1:25 PM to 1:50 PM

Warm Up Pool		Bulkhead	Competition Pool	
Lane	Teams		Teams	Lane
1	General Warm Up	Open to Session B Teams	One Way Sprints	1
2	General Warm Up		One Way Sprints	2
3	General Warm Up		One Way Sprints	3
4	General Warm Up		KNCY/CANY/DANY	4
5	General Warm Up		NAPY/WAHOO/IRVP	5
6	General Warm Up		HIGH/CLY	6
7	General Warm Up		FVFY/DIXN/HLYS	7
8	General Warm Up		One Way Sprints	8
9	General Warm Up		One Way Sprints	9
10	General Warm Up		One Way Sprints	10

Sunday AM 11&Over Prelims

Session A Warm Ups - 6:30 AM -7:00 AM

Warm Up Pool		Bulkhead	Competition Pool	
Lane	Team		Team	Lane
1	SAGE	Open for Session A Teams	SPY	1
2	SAGE		SPY	2
3	SAGE		SPY	3
4	SAGE		OTTY	4
5	HASTY		CLY/JAXY	5
6	ILVY		KNCY/CANY	6
7	ILVY/FAST		DOCS	7
8	NAPY/QFY		KEWE/MCDN	8
9	JETS		RAYS	9
10	JETS		RAYS/HLYS	10

Session B Warm Ups - 7:00 AM to 7:30 AM

Warm Up Pool		Bulkhead	Competition Pool	
Lane	Team		Team	Lane
1	MYST	Open for Session B Teams	DCST	1
2	MYST		DCST	2
3	TOPS/STRY		DCST/KENO/BLFN	3
4	HIGH		BVDY	4
5	FVfy/KKEE/DIXN		BVDY/ELY	5
6	FVfy		LATT/DANY	6
7	HEAT		LATT	7
8	HEAT/WCY		PALA	8
9	BRRY		LEAN	9
10	BRRY		LEAN	10

Session C Specific Warm Up - 7:30 AM to 7:45 AM

Warm Up Pool		Bulkhead	Competition Pool	
Lane	Team		Teams	Lane
1	General Warm Up	Closed	Push Pace	1
2	General Warm Up		One Way Sprints	2
3	General Warm Up		One Way Sprints	3
4	General Warm Up		One Way Sprints	4
5	General Warm Up		General Warm Up	5
6	General Warm Up		General Warm Up	6
7	General Warm Up		One Way Sprints	7
8	General Warm Up		One Way Sprints	8
9	General Warm Up		One Way Sprints	9
10	General Warm Up		Push Pace	10

Sunday PM 10&Under Timed Finals

Session A Warm Ups - 1:15 PM to 1:40 PM

Warm Up Pool		Bulkhead	Competition Pool	
Lane	Teams		Teams	Lane
1	SAGE	Open to Session A Teams	SPY	1
2	SAGE		LEAN	2
3	LATT		ILVY	3
4	MYST		JETS	4
5	DCST		BRRY	5
6	RAYS		HASTY	6
7	DOCS		TOPS	7
8	DECY/QFY		OTTY	8
9	FAST/BVDY		HEAT	9
10	WCY/MCDN		PALA/ELY	10

Session B Warm Ups - 1:40 PM to 2:05 PM

Warm Up Pool		Bulkhead	Competition Pool	
Lane	Teams		Teams	Lane
1	General Warm Up	Open to Session B Teams	One Way Sprints	1
2	General Warm Up		One Way Sprints	2
3	General Warm Up		One Way Sprints	3
4	General Warm Up		KNCY/CANY/DANY	4
5	General Warm Up		NAPY/WAHOO	5
6	General Warm Up		HIGH/CLY/IRVP	6
7	General Warm Up		FV FY/DIXN/HLYS	7
8	General Warm Up		One Way Sprints	8
9	General Warm Up		One Way Sprints	9
10	General Warm Up		One Way Sprints	10