

# SATURDAY PRELIMS WARM-UP ASSIGNMENTS

## GROUP A (6:15 - 6:50 AM)

Warm-up / Warm-down Pool				Competition Pool	
Lane 1	JETS	OPEN TO GROUP 'A' TEAMS	OPEN TO GROUP 'A' TEAMS	SAGE	Lane 1
Lane 2	JETS			SAGE	Lane 2
Lane 3	OTTY / KKEE			SAGE	Lane 3
Lane 4	FV FY			MYST	Lane 4
Lane 5	FV FY / NAPY			MYST	Lane 5
Lane 6	TOPS / ELY / IRVP			LATT	Lane 6
Lane 7	PALA			LATT / HIGH	Lane 7
Lane 8	BRRY			LEAN	Lane 8
Lane 9	BRRY			LEAN	Lane 9
Lane 10	BRRY			LEAN / FAST	Lane 10

## GROUP B (6:50 - 7:25 AM)

Warm-up / Warm-down Pool				Competition Pool	
Lane 1	SPY	OPEN TO GROUP 'B' TEAMS	OPEN TO GROUP 'B' TEAMS	CLY	Lane 1
Lane 2	SPY			CLY / DANY	Lane 2
Lane 3	SPY			DOCS	Lane 3
Lane 4	HEAT			SAMY / KENO	Lane 4
Lane 5	HLYS / QFY			KNCY / JAXY	Lane 5
Lane 6	DIXN / KEWE / BLFN			ILVY	Lane 6
Lane 7	BVDY			ILVY / CANY	Lane 7
Lane 8	BVDY / MCDN			DCST	Lane 8
Lane 9	RAYS			DCST	Lane 9
Lane 10	RAYS / DECY			DCST	Lane 10

## SPECIFIC WARM-UP (7:25 - 7:50 AM)

Warm-up / Warm-down Pool				Competition Pool	
Lane 1	OPEN	CLOSED	CLOSED	PUSH PACE	Lane 1
Lane 2	OPEN			ONE-WAY DIVE SPRINTS	Lane 2
Lane 3	OPEN			ONE-WAY DIVE SPRINTS	Lane 3
Lane 4	OPEN			ONE-WAY DIVE SPRINTS	Lane 4
Lane 5	OPEN			GENERAL WARM-UP	Lane 5
Lane 6	OPEN			GENERAL WARM-UP	Lane 6
Lane 7	OPEN			ONE-WAY DIVE SPRINTS	Lane 7
Lane 8	OPEN			ONE-WAY DIVE SPRINTS	Lane 8
Lane 9	OPEN			ONE-WAY DIVE SPRINTS	Lane 9
Lane 10	OPEN			PUSH PACE	Lane 10

# SATURDAY 10&UNDER WARM-UP ASSIGNMENTS

## GENERAL WARM-UP (1:00 - 1:25 PM)

Warm-up / Warm-down Pool			Competition Pool		
Lane 1	SAGE	OPEN	OPEN	JETS / CLY	Lane 1
Lane 2	SAGE			PALA	Lane 2
Lane 3	ILVY			NAPY / STRY	Lane 3
Lane 4	KNCY / SAMY / QFY			FV FY	Lane 4
Lane 5	LATT / KEWE			OTTY / MCDN	Lane 5
Lane 6	DOCS / WCY			TOPS / HLYS / IRVP	Lane 6
Lane 7	HIGH / FAST / KENO			BRRY / BVDY	Lane 7
Lane 8	HEAT / JAXY / DANY			RAYS / DECY	Lane 8
Lane 9	MYST / ELY / PAV			DCST / DIXN	Lane 9
Lane 10	LEAN			SPY	Lane 10

## SPECIFIC WARM-UP (1:25 - 1:50 PM)

Warm-up / Warm-down Pool			Competition Pool		
Lane 1	OPEN	CLOSED	CLOSED	ONE-WAY DIVE SPRINTS	Lane 1
Lane 2	OPEN			ONE-WAY DIVE SPRINTS	Lane 2
Lane 3	OPEN			ONE-WAY DIVE SPRINTS	Lane 3
Lane 4	OPEN			ONE-WAY DIVE SPRINTS	Lane 4
Lane 5	OPEN			GENERAL WARM-UP	Lane 5
Lane 6	OPEN			GENERAL WARM-UP	Lane 6
Lane 7	OPEN			ONE-WAY DIVE SPRINTS	Lane 7
Lane 8	OPEN			ONE-WAY DIVE SPRINTS	Lane 8
Lane 9	OPEN			ONE-WAY DIVE SPRINTS	Lane 9
Lane 10	OPEN			ONE-WAY DIVE SPRINTS	Lane 10

# SUNDAY PRELIMS WARM-UP ASSIGNMENTS

## GROUP A (6:15 - 6:50 AM)

Warm-up / Warm-down Pool				Competition Pool	
Lane 1	SAGE	OPEN TO GROUP 'A' TEAMS	OPEN TO GROUP 'A' TEAMS	JETS	Lane 1
Lane 2	SAGE			JETS	Lane 2
Lane 3	SAGE			OTTY	Lane 3
Lane 4	SAGE			FVFY	Lane 4
Lane 5	SAMY			FVFY	Lane 5
Lane 6	LATT			BVDY	Lane 6
Lane 7	LATT			BVDY	Lane 7
Lane 8	LEAN			TOPS	Lane 8
Lane 9	LEAN			NAPY / FAST / KKEE	Lane 9
Lane 10	LEAN			ELY / IRVP	Lane 10

## GROUP B (6:50 - 7:25 AM)

Warm-up / Warm-down Pool				Competition Pool	
Lane 1	CLY	BRRY	BRRY	SPY	Lane 1
Lane 2	CLY / DANY / KENO			SPY	Lane 2
Lane 3	DOCS			SPY	Lane 3
Lane 4	KNCY / JAXY / WCY / CANY			HEAT	Lane 4
Lane 5	PALA			HLYS / DECY	Lane 5
Lane 6	ILVY / PALA			DIXN / KEWE / BLFN	Lane 6
Lane 7	ILVY			MYST	Lane 7
Lane 8	DCST			MYST / MCDN / HIGH	Lane 8
Lane 9	DCST			RAYS	Lane 9
Lane 10	DCST			RAYS / QFY	Lane 10

## SPECIFIC WARM-UP (7:25 - 7:50 AM)

Warm-up / Warm-down Pool				Competition Pool	
Lane 1	OPEN	CLOSED	CLOSED	PUSH PACE	Lane 1
Lane 2	OPEN			ONE-WAY DIVE SPRINTS	Lane 2
Lane 3	OPEN			ONE-WAY DIVE SPRINTS	Lane 3
Lane 4	OPEN			ONE-WAY DIVE SPRINTS	Lane 4
Lane 5	OPEN			GENERAL WARM-UP	Lane 5
Lane 6	OPEN			GENERAL WARM-UP	Lane 6
Lane 7	OPEN			ONE-WAY DIVE SPRINTS	Lane 7
Lane 8	OPEN			ONE-WAY DIVE SPRINTS	Lane 8
Lane 9	OPEN			ONE-WAY DIVE SPRINTS	Lane 9
Lane 10	OPEN			PUSH PACE	Lane 10

# SUNDAY 10&UNDER WARM-UP ASSIGNMENTS

## GENERAL WARM-UP (1:30 - 1:55 PM)

Warm-up / Warm-down Pool			Competition Pool		
Lane 1	JETS / CLY	OPEN	OPEN	SAGE	Lane 1
Lane 2	NAPY / BLFN / CANY			SAGE / KEWE	Lane 2
Lane 3	OTTY / MCDN			ILVY	Lane 3
Lane 4	FV FY / BVDY			DOCS / FAST	Lane 4
Lane 5	SPY			HEAT / SAMY	Lane 5
Lane 6	TOPS / HLYS			HIGH / KNCY / KENO	Lane 6
Lane 7	RAY S / DECY / DIXN			WCY / ELY / QFY / PAV / DANY / JAXY	Lane 7
Lane 8	PALA / IRVP			MYST	Lane 8
Lane 9	DCST / STRY			LEAN	Lane 9
Lane 10	BRRY			LEAN / LATT	Lane 10

## SPECIFIC WARM-UP (1:55 - 2:20 PM)

Warm-up / Warm-down Pool			Competition Pool		
Lane 1	OPEN	CLOSED	CLOSED	ONE-WAY DIVE SPRINTS	Lane 1
Lane 2	OPEN			ONE-WAY DIVE SPRINTS	Lane 2
Lane 3	OPEN			ONE-WAY DIVE SPRINTS	Lane 3
Lane 4	OPEN			ONE-WAY DIVE SPRINTS	Lane 4
Lane 5	OPEN			GENERAL WARM-UP	Lane 5
Lane 6	OPEN			GENERAL WARM-UP	Lane 6
Lane 7	OPEN			ONE-WAY DIVE SPRINTS	Lane 7
Lane 8	OPEN			ONE-WAY DIVE SPRINTS	Lane 8
Lane 9	OPEN			ONE-WAY DIVE SPRINTS	Lane 9
Lane 10	OPEN			ONE-WAY DIVE SPRINTS	Lane 10