

Saturday Warm-up Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:30-7:50	MAC	MAC	MAC	BAY	BAY	CGA
7:50-8:10	FAST	FAST	FAST	FAST	FAST	SPRC
8:10-8:30	CAA/4MSC	CAA	CAA	CAA	CAA	ACA

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:45-1:05	MAC	MAC	MAC	MAC	MAC	MAC
1:05-1:25	FAST	FAST	FAST	FAST	SPRC	SPRC
1:25-1:45	BAY	BAY	BAY	BAY	ACA	4MSC

Sunday Warm-up Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
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7:30-7:50	MAC	MAC	CAA	CAA	CAA	CAA
7:50-8:10	FAST	FAST	FAST	FAST	FAST	FAST
8:10-8:30	BAY	BAY	ACA	ACA	SPRC	CGA/4MSC

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:45-1:05	MAC	MAC	MAC	MAC	MAC	MAC
1:05-1:25	FAST	FAST	FAST	FAST	SPRC	SPRC
1:25-1:45	BAY	BAY	BAY	BAY	ACA	4MSC