

Saturday Warm-up Schedule

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

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:30-12:50	MAC	MAC	MAC	MAC	MAC	MAC
12:50-1:10	FAST	FAST	FAST	CAA	CAA	CAA
1:10-1:30	BAY	BAY	BAY	BAY	BAY	ACA/CGA/ OPST
1:30-1:50	YCM	YCM	YCM	SPRC	SPRC	MBK

Sunday Warm-up Schedule

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

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:30-12:50	MAC	MAC	MAC	MAC	MAC	MAC
12:50-1:10	FAST	FAST	FAST	YCM	YCM	YCM
1:10-1:30	BAY	BAY	BAY	BAY	BAY	MBK
1:30-1:50	SPRC	SPRC	CAA	CAA	4MSC/OPST	ACA