2025 ZACK SPAIN WARM UP ASSIGNMENTS

FRIDAY NIGHT WARM UPS

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	BULKHEAD	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20
4:00-5:55PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN		OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

SATURDAY/SUNDAY AM WARM UPS

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	BULKHEAD	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20
7:00-7:25AM	SMDA	SMDA	SMDA	ROCK	ROCK	GMAC	GMAC	HAWK	ASC	ASC		ASC	CAC	CAC	CAC	CAC	CAC	CAC	CAC	CAC
7:25-7:50AM	BAY	BAY	BAY	CAA	CAA	NAAC	NAAC	MBK	FMSC	RAC		OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

SATURDAY/SUNDAY MIDDAY WARM UPS

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	BULKHEAD	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20
11:30-11:55PM	ASC	ASC	ASC	SMDA	SMDA	SMDA	ROCK	ROCK	ROCK	HAWK		GMAC	CAC	CAC	CAC	CAC	OPEN	OPEN	OPEN	OPEN
11:55-12:20PM	NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	CAA	CAA	CAA	FMSC		RAC	RAC	BAY	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

SATURDAY/SUNDAY AFTERNOON WARM UPS

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	BULKHEAD	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20
3:30-3:55PM	SMDA	SMDA	SMDA	SMDA	ROCK	ROCK	GMAC	GMAC	HAWK	OPEN		ASC	ASC	ASC	CAC	CAC	CAC	CAC	CAC	CAC
3:55-4:20PM	BAY	BAY	BAY	CAA	CAA	NAAC	MBK	FMSC	RAC	OPEN		OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN