

Warm up and Start Time changes for all sessions.

Friday (PM) Sessions

(Session 1)

Warmups start - 4:30 PM

Meet Starts - 5:30 PM

Morning (AM) Sessions for both Saturday and Sunday

(Session 2 and Session 4)

Warmups start - 7:45 AM

Meet Starts - 9:00 AM

Afternoon (PM) Sessions for both Saturday and Sunday

(Session 3 and Session 5)

Warmups start - 12:30 PM

Meet Starts - 2:00 PM

Warm-ups

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:30 PM	5:30 PM	ALL
2	Saturday	7:45 AM	9:00 AM	12 & Under
3	Saturday	12:30 PM	2:00 PM	13 & Over
4	Sunday	7:45 AM	9:00 AM	12 & Under
5	Sunday	12:30 PM	2:00 PM	13 & Over