

Saturday Warm-up Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:30-7:50	MAC	MAC	MAC	MAC	RAC	RAC
7:50-8:10	FAST	FAST	FAST	CAA	CAA	CAA
8:10-8:30	YCM	YCM	CGA	BAY	MBK	GTAC/ACA/ JCC

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00-12:20	MAC/UN	MAC	MAC	CAA	CAA	CAA/JCC
12:20-12:40	FAST	FAST	BAY	BAY/ACA	ASC	ASC/MBK
12:40-1:00	EST	EST/GBSA	YCM	YCM/LBA	RAC	CGA/GTAC

Sunday Warm-up Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:30-7:50	MAC	MAC	MAC	MAC	CGA	MBK
7:50-8:10	FAST	FAST	FAST	CAA	CAA	GTAC
8:10-8:30	YCM	YCM	RAC	RAC	BAY	ACA/JCC

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:00-12:20	MAC	MAC	MAC/CGA	FAST	FAST	LBA
12:20-12:40	EST/RAC	EST	YCM	YCM	MBK	GBSA/ACA
12:40-1:00	CAA/GTAC	CAA	ASC	ASC/JCC	BAY	BAY/UN