

Saturday Warm-up Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:30-7:50	MAC	MAC	MAC	FAST	FAST	GTAC/MBK
7:50-8:10	CAA/GBSA	CAA	EST	EST/JCC	CGA	CGA/RAC
8:10-8:30	ASC/4MSC	ASC	YCM	SPRC	FSC	ACA

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:15-12:35	MAC	MAC	MAC	ASC	RAC	CGA
12:35-12:55	FAST	FAST	FAST	CAA	CAA/GBSA	ACA/GTAC/ 4MSC
12:55-1:15	SPRC/JCC	SPRC	FSC/MBK	FSC	YCM	YCM/EST

Sunday Warm-up Schedule

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

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:15-12:35	MAC	MAC	MAC	ASC	YCM	CGA
12:35-12:55	FAST	FAST	FAST	SPRC	FSC	FSC/ACA
12:55-1:15	GBSA	MBK	RAC	CAA	CAA/GTAC	JCC/EST/ 4MSC