

Saturday Warm-up Schedule

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

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:30-12:50	MAC	MAC	MAC	FAST	FAST	MBK
12:50-1:10	EST/GTAC	YCM	YCM	RAC	FSC	GBSA/JCC
1:10-1:30	SPRC	CAA	ACA/4MSC	CGA	CGA/ASC	CGA

Sunday Warm-up Schedule

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

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:30-12:50	MAC	MAC	MAC	CGA	FAST	FAST
12:50-1:10	YCM	YCM	ASC	ASC/JCC	FSC	FSC/EST
1:10-1:30	CAA	CAA/SPRC	SPRC	RAC/ACA	GBSA/4MSC	MBK/GTAC