



WARM-UP SCHEDULE



FRIDAY	SWIMMERS MUST PROVIDE THEIR OWN TIMER AND COUNTER													
4:30-5:00	1	2	3	4	5	6	7	8	9	10	11	12		
SESSION 1	FSC	BAY	CAC/GBSA	CAA	CAA	MAS	NAAC	OPST/ROCK	HAWK	SPRC	CAA	OPEN		

SATURDAY														
MORNING	1	2	3	4	5	6	7	8	9	10	11	12	13	14
8:00-8:30	FSC	FSC	HAWK	HAGY	MAS	MAS	GBSA	OPST	SPRC	SPRC	SPRC/BCSC	GTAC	BCSC/HAWK	ROCK
8:30-9:00	BAY	BAY	BAY	CAC	NAAC	NAAC	NAAC	NAAC	CAA	CAA	CAA	CAA	CAA	CAA

SATURDAY														
AFTERNOON	1	2	3	4	5	6	7	8	9	10	11	12	13	14
12:30-1:00	FSC	FSC	FSC	GBSA	MAS	MAS	MAS	NAAC	NAAC	SPRC	SPRC	SPRC/HAGY	HAWK	BCSC/GTAC
1:00-1:30	BAY	BAY	BAY	BAY	BAY	ROCK	OPST	CAC	CAC	CAA	CAA	CAA	CAA	OPEN

SUNDAY														
MORNING	1	2	3	4	5	6	7	8	9	10	11	12	13	14
8:00-8:30	FSC	FSC	HAWK	HAGY	MAS	MAS	GBSA	OPST	SPRC	SPRC	SPRC/BCSC	GTAC	BCSC/HAWK	ROCK
8:30-9:00	BAY	BAY	BAY	CAC	NAAC	NAAC	NAAC	NAAC	CAA	CAA	CAA	CAA	CAA	CAA

SUNDAY														
AFTERNOON	1	2	3	4	5	6	7	8	9	10	11	12	13	14
12:30-1:00	FSC	FSC	FSC	BAY	BAY	BAY	BAY	CAC	CAC	CAA	CAA	CAA	CUY/GBSA	GTAC
1:00-1:30	MAS	MAS	MAS	MAS	NAAC	NAAC	OPST	OPST/HAGY	HAWK	SPRC	SPRC	SPRC	ROCK	OPEN

