



2024 CAC Spring LCM Swim Meet April 6-7
Warm-Up Schedule

Day 1 SAT Session 1/3 Warm-up 8:00 AM, Start Time 9:00 AM

Day 2 SUN Session 2/4 Warm-up 12:00 PM, Start Time 1:00 PM

Sat/Sun April 6-7 Morning Session 1/3

8:00 AM - 8:25 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAC	CAC	CAC	CAC	CAC	CAC	ROCK	ROCK	GMAC	ESA

8:25 AM - 8:50 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BAY	BAY	BAY	BAY	CAA	CAA	CAA	CAA	CAA	CAA

Warm Up Lane1

Bottom LN

****NOTE** Warm-Up LANE 1 WILL BE USED
FOR COOL DOWN AND WARM-UPS
DURING ENTIRE MEET**

Sat/Sun April 6-7 Afternoon Sessions 2/4

12:00 PM - 12:25 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAC	CAC	CAC	CAC	CAC	CAC	ROCK	CBAC	GMAC	ESA

12:25 PM - 12:50 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BAY	BAY	BAY	BAY	BAY	BAY	BAY	CAA	CAA	CAA