

AM warmups 8:30-9:50 AM

Open Warm Up

Last 20 minutes of warm up-lanes 2-5 open for one way starts - lanes 1 and 6 for pace.

Saturday PM 2:00-2:50 PM

Last 20 minutes of warm up, lanes can open for one way starts.

1	2	3	4	5	6
ACE	ACE LIFE SST	GOAL FAST SCH	GOAL NYA	SO BSC	MAC CBSC

Sunday PM 2:00-2:50 PM

Last 20 minutes of warm up, lanes can open for one way starts.

1	2	3	4	5	6
ACE BSC	ACE MAC	GOAL FAST	GOAL NYA	SO LIFE	BT CBSC