

Prelim Warmup Team Assignments

Saturday Prelims Warm Up Team Assignments: 163 swimmers

- 6:45 AM Lanes 0 - 11 - General warm up
- 7:05 AM Lanes 0 & 11 - Push Pace. Lane 1 & 10 - One way sprints
- 7:15 AM Lanes 0 & 11 - Push Pace. Lane 1-10 - One way sprints
- 7:25 AM Pool Closed

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	
						ACE						
						BT						
						FAST						
						HLA						
						HUSK						
						HYAC						
						ISWM						
						LSS						
						NA						
						NYA						
						SCM						
						SST						
						SO						

Saturday Prelims Warm Up Team Assignments: 164 swimmers

- 7:25 AM Lanes 0 - 11 - General warm up
- 7:45 AM Lanes 0 & 11 - Push Pace. Lanes 1 & 10 - One way sprints
- 7:55 AM Lanes 0 & 11 - Push Pace. Lanes 1-10 - One way sprints
- 8:05 AM Pool Closed

Meet Start Time: 8:15 AM

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	
						CBSC						
						GNST						
						GOAL						
						HG						
						MAC						
						SCH						
						SCSC						
						SLS						