

# 16<sup>th</sup> Annual High Desert Classic Warm-up Schedule

We will have two 30 minute sessions for general warm up, followed by a 20 minute sprint/diving session. During the 20 minute session, lanes 1-8 in the competition pool will be used for one-way sprints and dives, lanes 0 & 9 will be used for pace work and the rec pool will be open for general warm up - no diving. The Friday evening session will remain the same and start at 4:30pm.

**Coaches – If you are sharing a lane with another team, please work together on sharing the lane space. Put older kids together in a lane and younger kids together in a different lane if possible.**

## FRIDAY EVENING –

3:30pm—4:05pm      General Warm-up, no assigned lanes  
 4:05pm—4:20pm      Racing starts lanes 1-8, one-way  
                                  Pace lanes 0 & 9  
                                  General Warm-up in the rec pool, no diving

## SATURDAY PRELIMS –

7:00am—7:30am

POOL	LANE(S)	TEAMS
Rec	1	RAAC
	2	RAAC
	3	LCAT
	4	CUDA
	5	CUDA/FCAT
	6	CAQ
Comp	0	CAQ
	1	CAQ
	2	CAQ
	3	CAQ
	4	CAQ
	5	ABQ/WILD
	6	MAKO
	7	PSC-AZ
	8	PSC-AZ
9	LOBO/LAA	

7:30am—8:00am

POOL	LANE(S)	TEAMS
Rec	1	DGO
	2	AVON/DGO
	3	BST
	4	BST
	5	BST
	6	BST
Comp	0	SSA
	1	SSA
	2	SSA/STAR/TAOS
	3	AAC
	4	CAC/MC
	5	CAC
	6	CAC
	7	COSA/Pueblo
	8	COSA
9	COSA	

8:00am—8:20am      Racing starts lanes 1-8, one-way  
                                  Pace lanes 0 & 9  
                                  General Warm-up in the rec pool, no diving

**SUNDAY PRELIMS –**

7:00am—7:30am

POOL	LANE(S)	TEAMS
Rec	1	CAC/MC
	2	CAC
	3	CAC
	4	COSA/Pueblo
	5	COSA
	6	COSA
Comp	0	DGO
	1	AVON/DGO
	2	BST
	3	BST
	4	BST
	5	BST
	6	SSA
	7	SSA
	8	SSA/STAR/TAOS
	9	AAC

7:30am—8:00am

POOL	LANE(S)	TEAMS
Rec	1	CAQ
	2	CAQ
	3	CAQ
	4	CAQ
	5	CAQ
	6	CAQ
Comp	0	RAAC
	1	RAAC
	2	LCAT
	3	CUDA
	4	CUDA/FCAT
	5	ABQ/WILD
	6	MAKO
	7	PSC-AZ
	8	PSC-AZ
	9	LOBO/LAA

8:00am—8:20am

Racing starts lanes 1-8, one-way

Pace lanes 0 & 9

General Warm-up in the rec pool, no diving