

WARM UP SCHEDULE

April 12 th 50 Freestyle Shootout				Meet Starts 6:00pm			
Warm Up Session #1		4:30-4:55pm		1 way sprints 5:45-5:55pm			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BISON	BISON	BISON	BISON	BISON	BISON OC	SASC	SAC GASC
Warm Up Session #2		4:55-5:20pm					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
KMS	KMS	KMS	KMS	KMS	KMS	KMS	KMS
Warm Up Session #3							
		5:20-5:45pm					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSC	SSC	WEST	FNW	AESC	AESC	AESC	AESC

April 13 th 12 & U session				Meet Starts 8:30am			
Warm Up Session #1		7:00-7:25am		1 way sprints 8:15-8:25am			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BISON	BISON	BISON ZHAN	TAC	TAC	SSC	SSC	SASC
Warm Up Session #2		7:25-7:50am					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
VORTEX	SAC	KMS	KMS	KMS	KMS	KMS	KMS
Warm Up Session #3							
		7:50-8:15am					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WEST	SAC	NWTX	GASC	FNW	AESC	AESC	AESC

WARM UP SCHEDULE

April 13 th 13 & over session				Meet Starts 2:00pm**			
Warm Up Session #1				12:30-12:55pm			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BISON	BISON	BISON	BISON	BISON AST OC	NWTX	GASC SAC	WEST
Warm Up Session #2				12:55-1:20pm			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSC	SSC	KMS	KMS	KMS	KMS	KMS	KMS
Warm Up Session #3				1:20-1:50pm			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TAC	TAC	SASC	FNW	VORTEX	AESC	AESC	AESC
**LEISURE POOL WILL OPEN AT 2:00PM AND REMAIN OPEN THROUGH THE SATURDAY PM SESSION FOR GENERAL WARM UP/COOL DOWN							