

WARM UP SCHEDULE

June 22 nd 12 & Under Session					Meet Starts 9:15am		
Warm Up Session #1			7:55am-8:20am		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	BISON	SAC	SSC	SSC	VORT
Warm Up Session #2			8:20am-8:45am				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ACE	SASC GASC	GCSC	KMS	KMS	KMS	KMS	KMS
Warm Up Session #3			8:45am-9:10am				
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AST	PSST	PSST	AESC	AESC	AESC	BSC	OPEN

June 22nd 13 & Over Session

Meet Starts 3:15pm

Warm Up Session #1				1:55pm-2:20pm			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BISON	BISON	BISON	BISON	ACE	SSC	SSC	VORT
Warm Up Session #2				2:20-2:45pm			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SAC	GASC	SASC	COR	KMS	KMS	KMS	KMS
Warm Up Session #3				2:45-3:10pm			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AST	PSST	GCSC	SKSC	AESC	AESC	BSC	OPEN