

**NOVA LC WINTER INVITATIONAL WARM-UP ASSIGNMENTS**

Saturday AM Prelims								
6:30 - 7:00am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	NOVA						757 / PSDN / TIDE / CGBD	
7:00 - 7:30am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	NCAP				QSTS			UNC-W
7:30 - 8:00am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	MOR			MSA		MACH		RAYS
8:00 - 8:20am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	OPEN							
Meet Start: 8:30am								

Sunday AM Prelims								
6:30 - 7:00am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	MOR			MSA		MACH		RAYS
7:00 - 7:30am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	NOVA					TIDE		CGBD
7:30 - 8:00am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	NCAP					QSTS / WST		757 PSDN UNC-W
8:00 - 8:20am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	OPEN							
Meet Start: 8:30am								

Monday AM Prelims								
6:30 - 7:00am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	NCAP					QSTS / WST		757 PSDN UNC-W
7:00 - 7:30am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	MOR			MSA		MACH		RAYS
7:30 - 8:00am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	NOVA					TIDE		CGBD
8:00 - 8:20am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	OPEN							
Meet Start: 8:30am								

Saturday & Sunday Timed Finals								
Saturday: 11:30am - 12:00pm Sunday: 12:30 - 1:00pm	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	NOVA					PSDN		757
Saturday: 12:00 - 12:30pm Sunday: 1:00 - 1:30pm	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	MACH					CGBD	TIDE	NCAP
Meet Start: Saturday: 12:40pm Sunday: 1:40pm								

Monday 800 Free Session								
11:25 - 11:40am	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	OPEN							
Meet Start: 11:45am								

Finals Sessions								
Saturday: 4:00 - 4:50pm Sunday: 4:30 - 5:20pm Monday: 3:00 - 3:50pm	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	OPEN							
Meet Start: Saturday: 5:00pm Sunday: 5:30pm Monday: 4:00pm								