



Warm-up Schedule ECI 2024

Both days

TIME	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Warm-up
6:50 to 7:10	ADS	ADS	ADS	ADS	BDSC	BDSC	BDSC	BDSC	BDSC
7:10 to 7:30	AK	AK	AK	AK	AK	AK	AK	AK	AK
7:30 to 7:50	CST	CST	CST	CST	GPST	GPST	GPST	GPST	GPST
7:50 to 8:10	FP	FP	FP	FP	FP	HPST	HPST	HPST	HPST
8:10 to 8:30	MH	MH	MH	MH	MH	MH	MH	MH	MH
8:30 to 8:50	PS	PS	PS	PS	PS	BSR	BSR	BSR	BSR

ADS *Antioch Delta Skimmers	BDSC *Brentwood Dolphin Swim Club	CST * Crockett Swim Team	GPST *Gehringer Park Swim Team	MH *Mountain House Sailfish Swim Club
Ak * AquaKnights	BSR * Benicia Stingrays	FPST * Forest Park Flyers	HPST *Hercules Piranhas Swim Team	PS *Pinole Seals

**subject to change depending on numbers*