

Warm Ups

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:50-7:10	CMTY	CMTY	CMTY	CMTY	CMTY	CMTY
7:10-7:30	YOSI	YOSI	YOSI	YOSI	SQUID	SQUID
7:30-7:50	CRCY	CRCY	CRCY	CRCY	SCY	SCY