**WARM UP ASSIGNMENTS: 13-18 40 MIN WARM UPS**

**(TEAMS WITH 6 OR LESS SWIMMERS MAY CHOOSE THEIR WARM UP TIME)**

**6:30 -7:00 AM – OPEN WARM UP**

**SAT & MON: 7:00 – 7:40: SUN: 7:40 - 8:20 RSD, SMST, CCAT, PVPB, CLSS, OJAI, WIND, USUSA**

**SAT & MON: 7:40 -8: 20: SUN: 7:00 – 7:40 PS, NCA, CSTE, HSA, SDSA, TNT, MRA, SBA**

**WARM UP ASSIGNMENTS: 12/U 30 MIN WARM UPS**

**(TEAMS WITH 6 OR LESS SWIMMERS MAY CHOOSE THEIR WARM UP TIME)**

**SAT & MON: 8:20 – 8:50: SUN: 8:50 – 9:20 RSD, NCA, BAY, SMST, SSD**

**SAT & MON: 8:50 – 9:20: SUN: 8:20 – 8:50 PS, PVPB, SBA, TNT, BSC(BAKERSFIELD), CCAT, CLSS HSA**