

|        |                                      |   |   |   |   |   |   |   |   |   |   |   |                                      |   |   |   |
|--------|--------------------------------------|---|---|---|---|---|---|---|---|---|---|---|--------------------------------------|---|---|---|
| LANE 8 | B<br>U<br>L<br>K<br>H<br>E<br>A<br>D | L | L | L | L | L | L | L | L | D | L | L | B<br>U<br>L<br>K<br>H<br>E<br>A<br>D | L | L | L |
| LANE 7 |                                      | A | A | A | A | A | A | A | A | E | A | A |                                      | A | A | A |
| LANE 6 |                                      | N | N | N | N | N | N | N | N | A | N | N |                                      | N | N | N |
| LANE 5 |                                      | E | E | E | E | E | E | E | E | D | E | E |                                      | E | E | E |
| LANE 4 |                                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | L | A | B |                                      | C | D | E |
| LANE 3 |                                      |   |   |   |   |   |   |   |   | A |   |   |                                      |   |   |   |
| LANE 2 |                                      |   |   |   |   |   |   |   |   | N |   |   |                                      |   |   |   |
| LANE 1 |                                      |   |   |   |   |   |   |   |   | E |   |   |                                      |   |   |   |

Finals Pool

Middle Pool

Warm up/Warm down

### 13 & Over Warm-Up Assignments:

#### Friday 3:45-4:45pm

Open Warm up

#### Saturday 6:45-7:45am

Excel Entire pool 6:45-7:15am

Ensworth: lanes 1-5 - Middle pool 7:15-7:45am

Streamline: lanes 6-7 - Middle pool 7:15-7:45am

Jax: Lane 8 - Middle pool 7:15-7:45am

Opelika: lanes 1-5 - Finals pool 7:15-7:45am

Life Time: lanes 6-8 - Finals pool 7:15-7:45am

#### Sunday 6:45-7:45am

Excel Entire pool 6:45-7:15am

Ensworth: lanes 1-5 - Finals pool 7:15-7:45am

Streamline: lanes 6-7 - Finals pool 7:15-7:45am

Jax: Lane 8 - Finals pool 7:15-7:45am

Opelika: lanes 1-5 - Middle pool 7:15-7:45am

Life Time: lanes 6-8 - Middle pool 7:15-7:45am

|        |                                      |   |   |   |   |   |   |   |   |   |   |   |                                      |   |   |   |
|--------|--------------------------------------|---|---|---|---|---|---|---|---|---|---|---|--------------------------------------|---|---|---|
| LANE 8 | B<br>U<br>L<br>K<br>H<br>E<br>A<br>D | L | L | L | L | L | L | L | L | D | L | L | B<br>U<br>L<br>K<br>H<br>E<br>A<br>D | L | L | L |
| LANE 7 |                                      | A | A | A | A | A | A | A | A | E | A | A |                                      | A | A | A |
| LANE 6 |                                      | E | E | E | E | E | E | E | E | D | E | E |                                      | E | E | E |
| LANE 5 |                                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | L | A | B |                                      | C | D | E |
| LANE 4 |                                      |   |   |   |   |   |   |   |   | A |   |   |                                      |   |   |   |
| LANE 3 |                                      |   |   |   |   |   |   |   |   | N |   |   |                                      |   |   |   |
| LANE 2 |                                      |   |   |   |   |   |   |   |   | E |   |   |                                      |   |   |   |
| LANE 1 |                                      |   |   |   |   |   |   |   |   | E |   |   |                                      |   |   |   |

Finals Pool

Middle Pool

Warm up/Warm down

### 12 & Under Warm-Up Assignments:

#### Friday 3:45-4:45pm

Open Warm up

#### Saturday 11:00am-11:50am

Excel Finals pool lane 4-8 & all Middle pool 11:00-11:25am

Life Time lanes 1-3 Finals Pool 11:00-11:25

Ensworth: lanes 1-5 Finals pool 11:25-11:50

Streamline: lanes 6-7 Finals pool 11:25-11:50

JAX: lane 8 Finals Pool 11:25-11:50

#### Sunday 10:30-11:50am - all in the Middle Pool

Excel: 11-12's 10:30-10:55

10 & Under 10:55-11:20

Ensworth: lanes 1-5 11:20-11:50

Streamline: lanes 6-7 11:20-11:50

Jax: lane 8 11:20-11:50

|        |                                      |                  |                  |                  |                  |                  |                  |                  |                  |                  |                  |                  |                                      |                  |                  |                  |
|--------|--------------------------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|--------------------------------------|------------------|------------------|------------------|
| LANE 8 | B<br>U<br>L<br>K<br>H<br>E<br>A<br>D | L<br>A<br>N<br>E | L<br>A<br>N<br>E | L<br>A<br>N<br>E | L<br>A<br>N<br>E | L<br>A<br>N<br>E | L<br>A<br>N<br>E | L<br>A<br>N<br>E | L<br>A<br>N<br>E | D<br>E<br>A<br>D | L<br>A<br>N<br>E | L<br>A<br>N<br>E | B<br>U<br>L<br>K<br>H<br>E<br>A<br>D | L<br>A<br>N<br>E | L<br>A<br>N<br>E | L<br>A<br>N<br>E |
| LANE 7 |                                      |                  |                  |                  |                  |                  |                  |                  |                  |                  |                  |                  |                                      |                  |                  |                  |
| LANE 6 |                                      |                  |                  |                  |                  |                  |                  |                  |                  |                  |                  |                  |                                      |                  |                  |                  |
| LANE 5 |                                      | 1                | 2                | 3                | 4                | 5                | 6                | 7                | 8                | L<br>A<br>N<br>E | A                | B                |                                      | C                | D                | E                |
| LANE 4 |                                      |                  |                  |                  |                  |                  |                  |                  |                  |                  |                  |                  |                                      |                  |                  |                  |
| LANE 3 |                                      |                  |                  |                  |                  |                  |                  |                  |                  |                  |                  |                  |                                      |                  |                  |                  |
| LANE 2 |                                      |                  |                  |                  |                  |                  |                  |                  |                  |                  |                  |                  |                                      |                  |                  |                  |
| LANE 1 |                                      |                  |                  |                  |                  |                  |                  |                  |                  |                  |                  |                  |                                      |                  |                  |                  |

Finals Pool

Middle Pool

Warm up/Warm down

### **Finals Warm-Up Assignments:**

**Friday/Saturday/Sunday**

**Open warm up 4:00-4:50pm**

Starts may be done at any time as long as you have control of the lane