

Saturday/Sunday Warmup Schedule

Warmup Session	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
Session 1: 7:00-7:45 AM	TST	TST	TST	TST	TST	TST	TST	AQST	AQST	AQST
Session 2: 7:45-8:30 AM	LSAC	LSAC	FISH	FISH	FISH	FISH	GOLD	GOLD	GOLD	WLOO
Session 3: 8:30-8:50 AM	Push/Pace	Dive/Sprint	Dive/Sprint	General Warmup	General Warmup	General Warmup	Dive/Sprint	Dive/Sprint	Dive/Sprint	Push/Pace

Friday Evening and Finals sessions will be open warmup