



11/12 and 13/14 Preliminary Warm-up Schedule

TIME	Shallow End								Warm up/down Pool						Deep end							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	W1	W2	W3	W4	W5	W6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Warm-up Group A																						
Friday: 7:30 - 8:00am										PSDN		QSTS		GATR								SRVA
Saturday: 7:30 - 8:00am	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	PSDN		QSTS		GATR		HOKI	CA	CA	CA	SRVA	SRVA	SRVA	
Sunday: 8:00 - 8:30am										WST		PWSC		SMAC								ECAT

TIME	Shallow End								Warm up/down Pool						Deep end							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	W1	W2	W3	W4	W5	W6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane *8*
Warm-up Group B								LAC											VABR	STAT	VSTP	VPYS
Friday: 8:00-8:30am																						
Saturday: 7:00 - 7:30am	TIDE	TIDE	TIDE	TIDE	757	757	BASS		CGBD	CGBD	HNVR	HNVR	ODAC	CCA	LY	LY	RAYS	WAC				ESY
Sunday: 8:30 - 9:00am								HVAC											ACAC	TSU	SPAR	DC

10&Under and Specific Preliminary Warm-up Schedule

TIME	Shallow End								Warm up/down Pool						Deep End								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	W1	W2	W3	W4	W5	W6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
Friday: 8:30 - 8:50am																							
Saturday: 8:00- 8:20am								757	OPEN GENERAL WARMUP						HOKI	RAYS	LAC	PSDN		BASS	CCA	HNVR	
Sunday 9:00 - 9:20am	NOVA	NOVA	NOVA	NOVA	TIDE	CA	SRVA								SMAC	ODAC		CGBD				QSTS	
								TORP							WST	VSTP	VABR		WAC	ACAC	GATR	LY	

Meet Start Times: Friday: 9:00AM Saturday: 8:30am Sunday: 9:30am

* Lanes are under Team control. Those sharing a lane, please work together for starts, turns, etc.

** Relay only swimmers are ARE factored into the assigned lanes. Assigned lanes are based on roughly 10-13 swimmers per lane for 11 & Older Warm-ups and 10 per lane for 10 & Under Warm-up.