



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

TIME	Shallow End									Deep end									Programming Pool							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Warm-up Group A	CA-Y	CA-Y	CA-Y	TIDE	TIDE	TIDE	SRVA	SRVA		NOV A	NOVA	NOVA	NOV A	NOVA	NOVA	757	757		TSU	VSTP/ VPYS/ TORP	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA
Friday: 7:00-7:30 am																										
Saturday: 7:30 - 8:00am																										
Sunday: 7:00 - 7:30am																										

TIME	Shallow End									Deep end									Programming Pool							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Warm-up Group B	ACAC/ BASS/ DC	CCA/ ECAT	CGBD	HOKI	HNVR	HNVR	LY	LY		LAC	ODAC	GATR	RAYS	RAYS	QSTS	QSTS	PSDN		WAC	WAC	WAC	WAC	WST	HVAC	SPAR	PWSC
Friday: 7:30-8:00am																										
Saturday: 7:00 - 7:30am																										
Sunday: 7:30 - 8:00am																										

10&Under and Specific Preliminary Warm-up Schedule

TIME	Shallow End									Deep End									Programming Pool							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Friday: 8:00 - 8:20am	CA-Y	CCA/ ODAC	CGBD	LY/ LAC	HNVR/ PSDN	HOKI	ACAC/ BASS	757/ DC		TIDE	TIDE	NOVA	NOV A	NOVA	SRVA	RAYS	QSTS/ SMAC		SPAR /VPYS	GATR/ WAC	WST	NOVA	NOVA	SRVA	SRVA	PWSC/ LASO
Saturday: 8:00- 8:20am																										
Sunday 8:00 - 8:20am																										

Meet Start Times: Friday: 8:30am Saturday: 8:30am Sunday: 8:30am

* 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.

The programming pool can also be used for additional warm up space from 7:00-8:20am for any teams that wish to utilize it over the competition pool.