

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

	Shallow End										Deep end									Programming Pool									
TIME	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	П	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	1	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane			
Warm-up Group A																													
Friday: 7:00-7:30 am			CA-Y	TIDE	TIDE		SRVA	SRVA	ı	NOV A	NOVA	NOVA	NOV A	ΝΟ\/Δ	NOVA	A 757				VSTP/			NOVA	NOVA					
Saturday: 7:30 -	CA-Y	CA-Y				TIDE											757	,	TSU	VPYS/ NO\		NOV/A			NOVA	NOVA			
8:00am	O/A-1	OA-1												NOVA		757	101		100			140 77							
Sunday: 7:00 -																													
7:30am																													
	Shallow End								Deep end									Programming Pool											
				Shallo	w End								Deep	end							F	rogram	ming P	ool					
TIME	Lane	Lane	1 2	Lana		Lane	Lane	1 0		Lane	Lane	0	Lano	end Lane	Lane	Lane	Lane		Lane	Lane	Lane			Lane	1 7				
TIME	Lane 1	Lane 2	Lane 3	Lana		Lane 6	Lane 7	Lane 8		Lane 1	Lane 2	Lane 3	Lano		Lane 6	Lane 7	Lane 8		Lane 1	Lane 2			Lane 5	Lane	Lane 7	Lane			
TIME Warm-up Group B	Lane 1	Lane 2	Lane 3	Lana		_	Lane 7	Lane 8		Lane 1	Lane 2	Lane 3	Lano		Lane 6	Lane 7	Lane 8		Lane 1	Lane 2				Lane	Lane 7	Lane 8			
	1	2	Lane 3	Lana		_	Lane 7	Lane 8		Lane 1	Lane 2	Lane 3	Lano		Lane 6	Lane 7	Lane 8		Lane 1	Lane 2				Lane	Lane 7	Lane 8			
Warm-up Group B	1 ACAC/	2 CCA/	Lane 3	Lane 4	Lane 5	6	7	Lane 8		1	2	Lane 3	Lane 4	Lane 5	6	7	8		1	2	Lane 3	Lane 4	Lane 5	Lane 6					
Warm-up Group B Friday: 7:30-8:00am	1 ACAC/ BASS/	2	Lane 3	Lane 4		6	7	Lane 8		1	Lane 2	Lane 3	Lane 4	Lane 5	6	7	8		1	2		Lane 4	Lane 5	Lane					
Warm-up Group B Friday: 7:30-8:00am Saturday: 7:00 -	1 ACAC/	2 CCA/	Lane 3	Lane 4	Lane 5	6	7	Lane 8		1	2	Lane 3	Lane 4	Lane 5	6	7	8		1	2	Lane 3	Lane 4	Lane 5	Lane 6					

## 10&Under and Specific Preliminary Warm-up Schedule

	Shallow End											Deep	End				Programming Pool								
TIME	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																									
Saturday: 8:00- 8:20am	CA-Y	CCA/ ODAC	CGBD	LY/ LAC	HNVR/ PSDN	нокі	ACAC/ BASS	757/ DC	TIDE	TIDE	NOVA	NOV A	NOVA	SRVA		QSTS/ SMAC	SPAR /VPYS			NOVA	NOVA	SRVA	SRVA	PWSC/ LASO	
Sunday 8:00 - 8:20am																									

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

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.

<sup>\*</sup> Lanes are under Team control. Those sharing a lane, please work together for starts, turns, etc.

<sup>\*\*</sup> 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.