



THURSDAY DISTANCE SESSION		
1500 SWIMMERS	2:00-2:30 PM	ALL LANES GENERAL WARMUP
12 & U 400 SWIMMERS	APPROX. 5:00-5:15 PM	ALL LANES GENERAL WARMUP
13-14 RELAY SWIMMERS	APPROX. 6:25-6:40 PM	ALL LANES GENERAL WARMUP
THE DIVING WELL WILL BE OPEN FOR CONTINUOUS WARMUP		

FRIDAY, SATURDAY, AND SUNDAY PRELIMINARY SESSIONS										
GROUP A	11-14 SWIMMERS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9
	FRIDAY 7:00-7:30 AM									
	SATURDAY 7:30-8:00 AM	LY CCA	QSTS	TIDE	TIDE	RAYS	NOVA	NOVA	NOVA	NOVA
	SUNDAY 7:00-7:30 AM									
GROUP B	11-14 SWIMMERS	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9
	FRIDAY 7:30-8:00 AM									SMAC/SPAR TSU
	SATURDAY 7:00-7:30 AM	WAC	ODAC PSDN	HOKI HNVR	757	SRVA	CGBD ACAC	CA-Y	CA-Y GATR LAC BASS	ECAT HVAC/VSTP WST/VABR PWSC/STAT
	SUNDAY 7:30-8:00 AM									
10 & UNDER SWIMMERS		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9
FRIDAY 8:00-8:20 AM		ALL OTHER TEAMS	ODAC	RAYS			HNVR	TIDE		757
SATURDAY 8:00-8:20 AM			PSDN	QSTS	NOVA	NOVA	CA-Y	WAC	SRVA	LY
SUNDAY 8:00-8:20 AM			LAC/ACAC	CGBD						
THE DIVING WELL WILL BE OPEN FOR CONTINUOUS WARMUP										

FINALS SESSIONS									
ALL AGES	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9
FRIDAY, SATURDAY 4:00-4:30 PM SUNDAY 3:00-3:30 PM	GENERAL WARMUP ALL LANES								
FRIDAY, SATURDAY 4:30-4:50 PM SUNDAY 3:30-3:50 PM	PACE	STARTS		GENERAL			STARTS		PACE
THE DIVING WELL WILL BE OPEN FOR CONTINUOUS WARMUP									