

Warm-up Assignments

Session 1 (Open)

Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
8:00-8:30	DFAC	DFAC	DFAC	DFAC	DFAC	OCSC	OCSC	OCSC
8:30-9:00	MM	MM	BAC	BAC	BAC	BAC	BAC	BAC

Competition begins at 9:05 AM

Pre-500 In-water Break	
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Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
20 minutes	DFAC	DFAC	Open	OCSC	OCSC	OCSC	BAC	BAC

Session 2 (8&U / 10&U)

Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
12:40-1:30	DFAC	DFAC	DFAC	DFAC	DFAC	OCSC	OCSC	MM/UN-BAC

Competition begins at 1:35 PM