

Warm-up Assignments

Session 1 (8&U / 13&O)

Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
8:00-9:00	DFAC	DFAC	DFAC	MSS	MSS	MSS	WAUN	WAUN

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
15 minutes	Pacing	Pacing	Open	Open	Open	Open	Pacing	Pacing

Session 2 (9-12)

Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
11:40-12:40	DFAC	DFAC	DFAC	STAR	MSS	MSS	WAUN	WAUN

Competition begins at 12:45 PM
