

WARM UP LANE ASSIGNMENTS

SESSION 1

Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
7:00-7:30	DFAC	DFAC	DFAC	WAUN	WAUN	WAUN	YDC	YDC
7:30-8:00	MSS	MSS	MSS	OSCS	OSCS	OSCS	MM	STAR

500/1000 WARM UP

Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	DFAC	DFAC	DFAC	WAUN	MSS	MSS	YDC	OCSC

SESSION 2

Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
12:00 - 12:30	DFAC	DFAC	DFAC	WAUN	WAUN	WAUN	YDC	YDC
12:30 - 1:00	OCSC	OCSC	OCSC	MSS	MSS	MM	STAR	