

WARM UP LANE ASSIGNMENTS

SESSION 1

Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
7:00-7:20	DFAC	DFAC	DFAC	DFAC	DFAC	WAUN	WAUN	WAUN
7:20-7:40	YDC	YDC	YDC	YDC	MSS	MSS	MSS	MSS
7:40-8:00	WAT	WAT	MM	MM	OCSC	OCSC	OCSC	STAR

500/1650 WARM UP

Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
following session 1 for 20 min.	YDC	WAT	MSS	STAR	DFAC	DFAC	OCSC	OCSC

SESSION 2

Time est.	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1:30-1:50	DFAC	DFAC	DFAC	DFAC	WAUN	WAUN	WAUN	WAUN
1:50-2:10	YDC	YDC	YDC	OCSC	OCSC	OCSC	OCSC	OCSC
2:10-2:30	MSS	MSS	MSS	MSS	MM	STAR	WAT	WAT