

WARM UP LANE ASSIGNMENTS								
	SESSION 1							
Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
8:00-8:20	DFAC	DFAC	DFAC	DFAC	WAUN	WAUN	WAUN	WAUN
8:20-8:40	BAC	BAC	BAC	BAC	BAC	BAC	BAC	BAC
8:40-9:00	MSS	MSS	MSS	VAST	VAST	BAC	BAC	BAC
			500 WARM UP					
Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
	DFAC	DFAC	WAUN	BAC	BAC	BAC	BAC	
	SESSION 2							
Time	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1:00-1:25	DFAC	DFAC	DFAC	WAUN	WAUN	WAUN	MSS	MSS
1:25-1:50	BAC	BAC	BAC	BAC	BAC	BAC	BAC	VAST