

2024 MAC Midwest Invitational Warm-up Assignments

Friday PM Distance Warm-up- 4:00-5:00pm; Meet Start 5:05pm

Long Course	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00-4:30pm	MAC	MAC	WEST	WEST PAC	LAKE	WISC	DFAC OCSC MSS COHO	VAST
4:30-5:00pm	HSC	HSC	HSC	WILD	WILD	WYNS MKE WAVE	RA SWAQ HSSB	OZ DCST UNAT

Saturday AM 13&O Prelims Warm-up 8:00-9:00am; Meet Start 9:05am

Long Course	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:20am	MAC	MAC	HSC	HSC	HSC	MSS	VAST	VAST
8:20-8:40am	WILD	WILD	PAC	PAC	RA	OZ	WISC	WISC
8:40-9:00am	WEST	WEST	LAKE	LAKE	WYNS HSSB	COHO OCSC	SWAQ DCST UNAT	WAVE MKE

Saturday Session PM 12&U Timed Finals Warmup 1:30-2:25pm; Meet Start 2:30pm

Long Course	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:30-1:50pm	MAC	MAC	MAC	LAKE	PAC	PAC	VAST	COHO
1:50-2:10pm	HSC	HSC	HSC	WEST MSS	WYNS	OCSC MKE	RA WAVE	SWAQ DCST MSS
2:10-2:25pm	Pace	Starts	Starts	Starts	Starts	Starts	Starts	Pace

Diving well is available for additional warm-up during assigned warm-ups and throughout the meet for Cool Down

Saturday Finals

Open Warm-ups: 5:00-5:50pm

Controlled Warm-up: Pace Lanes 1&8, Starts Lanes 2-7 5:50-6:00pm Meet Start 6:05pm

2024 MAC Midwest Invitational Warm-up Assignments

Sunday AM 13&O Prelims Warm-up 8:00-9:00am; Meet Start 9:05am

Long Course	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:20am	MAC	MAC	WILD	WILD	LAKE	LAKE	WISC	WISC
8:20-8:40am	WEST	WEST	WYNS HSSB	COHO OCSC	SWAQ DCST UNAT	WAVE MKE	VAST	VAST
8:40-9:00am	HSC	HSC	HSC	MSS	PAC	PAC	RA	OZ YDC

Sunday PM 12&U Timed Finals Warmup 1:00-1:50pm; Meet Start 2:00pm

Long Course	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00-1:20pm	MAC	MAC	MAC	LAKE	PAC	PAC	VAST	COHO
1:20-1:40pm	HSC	HSC	HSC	WEST MSS	WYNS YDC	OCSC MKE	RA WAVE	SWAQ DCST MSS
1:40-1:50pm	Pace	Starts	Starts	Starts	Starts	Starts	Starts	Pace

Diving well is available for additional warm-up during assigned warm-ups and throughout the meet for Cool Down

Sunday Finals

Open Warm-ups: 4:30-5:20pm

Controlled Warm-up: Pace Lanes 1&8, Starts Lanes 2-7 5:20-5:30pm Meet Start 5:35pm