

Warm up Assignments

Friday PM Unassigned

4:30-5:25 pm

5:25 Pool Closes

5:30 Meet Start

Saturday AM (7:00-8:10am)

Warm up 1 (7:00-7:20am)

LN1	LN2	LN3	LN4	LN5	LN6	LN7	LN8
RA	RA	RA	RA	RA	RA	RA	RA

Warm up 2 (7:20-7:40am)

LN1	LN2	LN3	LN4	LN5	LN6	LN7	LN8
LAKE	LAKE	LAKE	LAKE	LAKE	LIFE	WBSC	WBSC

Warm up 3 (7:40-8:00am)

LN1	LN2	LN3	LN4	LN5	LN6	LN7	LN8
WEST	WEST	WEST	WEST	WEST	FSC	RCSC	WAT

8:00-8:10

Lanes 1-8 One way sprints

8:10 Pool Closes

8:15 Meet Start

Saturday PM 12:00-1:10pm

Warm up 1 (12:00-12:20pm)

LN1	LN2	LN3	LN4	LN5	LN6	LN7	LN8
RA	RA	RA	RA	RA	RA	RA	RA

Warm up 2 (12:20-12:40pm)

LN1	LN2	LN3	LN4	LN5	LN6	LN7	LN8
LAKE	LAKE	LAKE	LAKE	LAKE	WBSC	WBSC	WBSC

Warm up 3 (12:40-1:00pm)

LN1	LN2	LN3	LN4	LN5	LN6	LN7	LN8
WEST	WEST	WEST	WEST	WEST	FSC	RCSC	WAT

1:00-1:10pm

Lanes 1-6 One way sprints

Lanes 7-8 Pace

1:10pm Pool Closes

1:15pm Meet Starts

Sunday AM (7:00-8:10am)

Warm up 1 (7:00-7:20am)

LN1	LN2	LN3	LN4	LN5	LN6	LN7	LN8
RA	RA	RA	RA	RA	RA	RA	RA

Warm up 2 (7:20-7:40am)

LN1	LN2	LN3	LN4	LN5	LN6	LN7	LN8
LAKE	LAKE	LAKE	LAKE	WEST	WEST	WEST	WEST

Warm up 3 (7:40-8:00am)

LN1	LN2	LN3	LN4	LN5	LN6	LN7	LN8
WAT	FSC	LIFE	RCSC	WBSC	OPEN	OPEN	OPEN

8:00-8:10

Lanes 1-8 One way sprints

8:10 Pool Closes

8:15 Meet Start

Sunday PM 11:45am-12:55pm

Warm up 1 (11:45am-12:05pm)

LN1	LN2	LN3	LN4	LN5	LN6	LN7	LN8
RA	RA	RA	RA	RA	RA	FSC	RCSC

Warm up 2 (12:05-12:25pm)

LN1	LN2	LN3	LN4	LN5	LN6	LN7	LN8
LAKE	LAKE	LAKE	LAKE	WBSC	WBSC	WBSC	WBSC

Warm up 3 (12:25-12:45pm)

LN1	LN2	LN3	LN4	LN5	LN6	LN7	LN8
WEST	WEST	WEST	WEST	WEST	WEST	WAT	OPEN

12:45-12:55pm

Lanes 1-6 One way sprints

Lanes 7-8 Pace

12:55pm Pool Closes

1:00pm Meet Starts