

	Warm-up Assignments; Saturday AM (Girls)									
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
7:30-7:55am	SWAT (12)	SWAT (11)	SEA (12)	SSTY (10)	SSTY (10)	LAKE (10)	LAKE (10)	NBSC (8) / SUP (3)	EBSC (11)	EBSC (11)
7:55-8:20am	WYNS (12)	VAST (11)	VAST (11)	VAST (4) / FAST (4)	ASC (10)	ASC (3) / FCY (6)	GYD (10)	NLAC (10)	NLAC (8) / PASC (4)	J-HK (4) / WAT (4) / NEAT (1)
8:20-8:45am	BAC (12)	BAC (11)	BAC (11)	BAC (11)	BAC (11)	BAC (11)	MAC (12)	MAC (12)	MAC (11)	YCV (10) / STAR (1)
8:45-9:00am	8&U One-Way Sprints	8&U One-Way Sprints	8&U One-Way Sprints	One-Way Sprints						
	WU Pool Lane 1	WU Pool Lane 2	WU Pool Lane 3	WU Pool Lane 4	WU Pool Lane 5					
7:30-7:55am	PX3 (8) / OZ (3)	OZ (11)	SHOR (10)	WEST (10)	WEST (8) / LIFE (3)					
7:55-8:20am	MSS (10) / FSC (1)	YDC (3) / HSSB (8)	WAUN (11)	DFAC (10)	DFAC (3) / STAT (5) / WBSC (1)					
8:20-8:45am	OCSC (11)	OCSC (3) / WAVE (8)	STRM (12)	STRM (4) / LAXY (5)	GBSC (6) / OSHY (3)					
8:45-9:00am	Open Swim									
	Warm-up Assignments; Saturday PM (Boys)									
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
1:30-1:55pm	OZ (9)	OZ (4) / SEA (6)	WBSC (1) / WEST (3)	WEST (9)	GYD (7)	LAKE (10)	LAKE (5) / J-HK (4)	SHOR (3) / SUP (2)	EBSC (9)	EBSC (3) / GYD (6)
1:55-2:20pm	VAST (8)	VAST (8)	VAST (7)	HSSB (10)	HSSB (4) / FAST (4)	WAT (5) / NBSC (4)	FCY (5) / NLAC (3)	NLAC (9)	ASC (5) / WYNS (4)	MSS (8)
2:20-2:45pm	BAC (9)	BAC (9)	BAC (9)	BAC (9)	BAC (9)	MAC (8)	MAC (8)	MAC (8)	MAC (8)	OSHY (2) / STAT (1) / LIFE (1)
2:45-3:00pm	8&U One-Way Sprints	8&U One-Way Sprints	8&U One-Way Sprints	One-Way Sprints						
	WU Pool Lane 1	WU Pool Lane 2	WU Pool Lane 3	WU Pool Lane 4	WU Pool Lane 5					
1:30-1:55pm	SWAT (10)	SWAT (4) / SSTY (3)	SSTY (9)	SSTY (9)	DFAC (9)					
1:55-2:20pm	OCSC (10)	OCSC (3) / STAR (1)	WAUN (10)	WAUN (5) / YDC (2)	LAXY (8)					
2:20-2:45pm	FSC (3) / PX3 (4)	STRM (10)	STRM (5) / YCV (3)	GBSC (6)	WAVE (6)					
2:45-3:00pm	Open Swim									

	Warm-up Assignments; Sunday AM (Girls)									
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
7:30-7:55am	BAC (11)	BAC (11)	BAC (11)	BAC (11)	BAC (10)	BAC (10)	MAC (10)	MAC (10)	MAC (10)	MAC (4) / WAVE (7)
7:55-8:20am	VAST (11)	VAST (11)	VAST (3) / HSSB (8)	WAUN (11)	WYNS (11)	MSS (10)	SHOR (10)	NLAC (10)	NLAC (8) / DFAC (3)	DFAC (10)
8:20-8:45am	WEST (10)	WEST (8) / LIFE (2)	SSTY (10)	SSTY (8) / OSHY (2)	LAKE (11)	LAKE (10)	EBSC (11)	EBSC (11)	J-HK (4) / SUP (3) / WBSC (1)	YDC (3) / FSC (1) / NEAT (1)
8:45-9:00am	8&U One-Way Sprints	8&U One-Way Sprints	8&U One-Way Sprints	One-Way Sprints						
	WU Pool Lane 1	WU Pool Lane 2	WU Pool Lane 3	WU Pool Lane 4	WU Pool Lane 5					
7:30-7:55am	SWAT (12)	SWAT (11)	STRM (10)	STRM (7) / OCSC (3)	OCSC (10)					
7:55-8:20am	YCV (10)	ASC (9) / PASC (1)	GYD (9) / STAR (1)	FCY (6) / FAST (4)	LAXY (5) / WAT (5)					
8:20-8:45am	OZ (11)	OZ (3) / NBSC (8)	SEA (10)	SEA (3) / PX3 (8)	GBSC (6) / STAT (5)					
8:45-9:00am	Open Swim									
	Warm-up Assignments; Sunday PM (Boys)									
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
1:15-1:40pm	BAC (9)	BAC (9)	BAC (9)	BAC (8)	BAC (8)	MAC (8)	MAC (8)	MAC (8)	MAC (8)	WAVE (8)
1:40-2:05pm	VAST (8)	VAST (7)	VAST (7)	HSSB (8)	HSSB (2) / DFAC (7)	WAUN (8)	WAUN (7)	NLAC (9)	NLAC (3) / ASC (5)	MSS (8)
2:05-2:30pm	OZ (9)	OZ (4) / NBSC (4)	WEST (9)	WEST (3) / GYD (6)	LAKE (8)	LAKE (7)	EBSC (9)	EBSC (3) / SUP (2)	SHOR (4) / WYNS (4)	J-HK (3) / FSC (2)
2:30-2:45pm	8&U One-Way Sprints	8&U One-Way Sprints	8&U One-Way Sprints	One-Way Sprints						
	WU Pool Lane 1	WU Pool Lane 2	WU Pool Lane 3	WU Pool Lane 4	WU Pool Lane 5					
1:15-1:40pm	GBSC (5)	PX3 (4) / OSHY (3)	SEA (7)	STRM (8)	STRM (8)					
1:40-2:05pm	YCV (3) / YDC (1)	WAT (5) / FAST (4)	LAXY (9)	OCSC (9)	OCSC (4) / FCY (5)					
2:05-2:30pm	SWAT (9)	SWAT (5) / WBSC (1)	SSTY (9)	SSTY (4) / STAT (1)						
2:30-2:45pm	Open Swim									