

>>>> TEAM WARM UP ASSIGNMENTS <<<<

FRIDAY EVENING (5:00pm - 5:30pm)

MAIN COMPETITION POOL

WARM UP POOL

1	2	3	4	5	6	7	8	9	10	11	12
OPEN LANES IN COMPETITION POOL								OPEN FOR COOLDOWN DURING COMPETITION			

SATURDAY MORNING WARM UP 1 (6:45am-7:10am) SPRINT LANES AVAILABLE @ 7:00am

MAIN COMPETITION POOL

WARM UP POOL

1	2	3	4	5	6	7	8	9	10	11	12
SUPERIOR	SUPERIOR	DSMY	DSMY	DSMY	DSMY	DSMY	DSMY	MACR	MACR	MACR	MACR

SATURDAY MORNING WARM UP 2 (7:10am-7:35am) SPRINT LANES AVAILABLE @ 7:25am

MAIN COMPETITION POOL

WARM UP POOL

1	2	3	4	5	6	7	8	9	10	11	12
SPNY	SPNY	SDSHARKS	SDSHARKS	BEDELL	NARWHALS	MUSC	MUSC	MARINERS	BRAINERD	SHOREVIEW	SHOREVIEW
										BRAINERD	

SATURDAY MORNING WARM UP 3 (7:35am-8:00am) SPRINT LANES AVAILABLE @ 7:50am

MAIN COMPETITION POOL

WARM UP POOL

1	2	3	4	5	6	7	8	9	10	11	12
DULUTH	OTTUMWA	ST CLOUD	IMVY	NISHNA	DUBUQUE	RIPTIDE	BURLINGTON	BLUE WAVE	LINCOLN	NORTH SCOTT	WATERBUGS
AQUAPACK	FOREST CITY	vSTORM	WASHINGTON	ALGONA	ELK RIVER	KEARNEY		OSKALOOSA	LEMARS		BEATRICE
			MAQK			NEWTON					

ONE WAY SPRINTS AVAILABLE DURING LAST 10 MINS OF EACH WARM UP. POOL CLEARED 8:00AM

MEET STARTS @ 8:10AM

SATURDAY AFTERNOON WARM UP 1 (11:45am-12:10pm) SPRINT LANES AVAILABLE @ 12:00pm

MAIN COMPETITION POOL

WARM UP POOL

1	2	3	4	5	6	7	8	9	10	11	12
WATERBUGS	BURLINGTON	BRAINERD	SHOREVIEW	ELK RIVER	AQUAPACK	SDSHARKS	MARINERS	RIPTIDE	BEATRICE	MUSCATINE	BEDELL
OSKY	IMVY	NORTH SCOTT	LINCOLN			RATHBUN	WASHINGTON	FAST			

SATURDAY AFTERNOON WARM UP 2 (12:10pm-12:35pm) SPRINT LANES AVAILABLE @ 12:25pm

MAIN COMPETITION POOL

WARM UP POOL

1	2	3	4	5	6	7	8	9	10	11	12
NISHNA	NARWHALS	NARWHALS	ST CLOUD	ST CLOUD	ST CLOUD	BLUE WAVE	BLUE WAVE	SUPERIOR	SUPERIOR	SUPERIOR	OTTUMWA
LEMARS	DULUTH	SPENCER				FOREST CITY	ALGONA				

SATURDAY AFTERNOON WARM UP 3 (12:35pm-1:00pm) SPRINT LANES AVAILABLE @ 12:50pm

MAIN COMPETITION POOL

WARM UP POOL

1	2	3	4	5	6	7	8	9	10	11	12
DUBUQUE	DUBUQUE	MACR	MACR	MACR	MACR	MACR	KEARNEY	DSMY	DSMY	DSMY	DSMY
		MAQK					BHC				

ONE WAY SPRINTS AVAILABLE DURING LAST 10 MINS OF EACH WARM UP. POOL CLEARED 1:00PM

MEET STARTS @ 1:10PM

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SUNDAY MORNING WARM UP 1 (7:00am-7:25am) SPRINT LANES AVAILABLE @ 7:15am

MAIN COMPETITION POOL								WARM UP POOL			
1	2	3	4	5	6	7	8	9	10	11	12
NORTH SCOTT	WATERBUGS	BRAINERD	BRAINERD	LINCOLN	SHOREVIEW	SHOREVIEW	MARINERS	SDSHARKS	SDSHARKS	NARWHALS	DULUTH
	BEATRICE		OTTUMWA	OSKY	KEARNEY				ALGONA		ELK RIVER

SUNDAY MORNING WARM UP 2 (7:25am-7:50am) SPRINT LANES AVAILABLE @ 7:40am

MAIN COMPETITION POOL								WARM UP POOL			
1	2	3	4	5	6	7	8	9	10	11	12
SUPERIOR	SUPERIOR	DSMY	DSMY	DSMY	DSMY	DSMY	DSMY	BURLINGTON	ST CLOUD	NISHNA	DUBUQUE
									NEWTON	WASHINGTON	

SUNDAY MORNING WARM UP 3 (7:50am-8:15am) SPRINT LANES AVAILABLE @ 8:05am

MAIN COMPETITION POOL								WARM UP POOL			
1	2	3	4	5	6	7	8	9	10	11	12
MACR	MACR	MACR	MACR	BEDELL	BLUE WAVE	MUSC	MUSC	SPNY	SPNY	IMVY	RIPTIDE
FAST							LEMARS		AQUAPACK	MAQK	vSTORM
										FOREST CITY	

ONE WAY SPRINTS AVAILABLE DURING LAST 10 MINS OF EACH WARM UP. POOL CLEARED 8:15AM

MEET STARTS @ 8:25AM

SUNDAY AFTERNOON WARM UP 1 (11:45am-12:10pm) SPRINT LANES AVAILABLE @ 12:00pm

MAIN COMPETITION POOL

WARM UP POOL

1	2	3	4	5	6	7	8	9	10	11	12
SUPERIOR	SUPERIOR	SUPERIOR	DUBUQUE	DUBUQUE	BLUE WAVE	BLUE WAVE	ELK RIVER	OPEN LANES	OPEN LANES	OPEN LANES	OPEN LANES

SUNDAY AFTERNOON WARM UP 2 (12:10pm-12:35pm) SPRINT LANES AVAILABLE @ 12:25pm

MAIN COMPETITION POOL

WARM UP POOL

1	2	3	4	5	6	7	8	9	10	11	12
WATERBUGS	NORTH SCOTT	RATHBUN	WASHINGTON	KEARNEY	MARINERS	ST CLOUD	ST CLOUD	MACR	MACR	MACR	MACR
MUSC	NISHNA	ALGONA	BLACKHAWK	OSKY	LEMARS						
			IMVY	SPNY	LINCOLN						

SUNDAY AFTERNOON WARM UP 3 (12:35pm-1:00pm) SPRINT LANES AVAILABLE @ 12:50pm

MAIN COMPETITION POOL

WARM UP POOL

1	2	3	4	5	6	7	8	9	10	11	12
BEATRICE	OTTUMWA	BEDELL	NARWHALS	SHOREVIEW	AQUAPACK	BRAINERD	SDSHARKS	DSMY	DSMY	DSMY	DSMY
					FAST	BURLINGTON	RIPTIDE				

ONE WAY SPRINTS AVAILABLE DURING LAST 10 MINS OF EACH WARM UP. POOL CLEARED 1:00PM

MEET STARTS @ 1:10PM