



TEAM WARM-UP ASSIGNMENTS

			FRIDAY PRELIMS 13 & O		SATURDAY PRELIMS 13 & O			SUNDAY PRELIMS 13 & O		
			7:30-8:00 AM	8:00-8:30 AM	8:00-8:22 AM	8:22-8:44 AM	8:44-9:06 AM	7:30-7:52 AM	7:52-8:14 AM	8:14-8:36 AM
13 & OVERS	DEEP END	LANE 1	LAC, SMAC, UN	VABR	ACAC	CCA, LASO	HOKI, YMST	LY	GATR	HOKI,FCFY
		LANE 2	LAC	VABR	ACAC	CCA	HOKI	LY	GATR	YMST, UN, WW
		LANE 3	CCA	GATR	LAC	CCA	HOKI	LY	GATR	CA-Y
		LANE 4	CCA	GATR	LAC	CCA	HOKI	LY	GATR	CA-Y
		LANE 5	HOKI	GATR	GATR, HAVA	SMAC, FCFY	HOKI	LY	HOKI	CA-Y
		LANE 6	HOKI	GATR, WW	GATR	LY	CA-Y	LY	HOKI	CA-Y
		LANE 7	HOKI	ACAC	GATR	LY	CA-Y	ACAC	HOKI	CA-Y
		LANE 8	LY, LASO, FCFY	ACAC, YMST	GATR	LY	CA-Y	ACAC	HOKI	HAVA, LASO
	BULKHEAD LANES	LANE 1	LY	CA-Y	VABR	LY	CA-Y	CCA	VABR	SMAC,STRM
		LANE 2	LY	CA-Y	VABR	LY	CA-Y	CCA	VABR	LAC
		LANE 3	LY	CA-Y	VABR, WW	LY, STRM	CA-Y	CCA	VABR	LAC

			FRIDAY PRELIMS 12 & UN			SATURDAY PRELIMS 12 & UN			SUNDAY PRELIMS 12 & UN		
			7:30-7:52 AM	7:52-8:14 AM	8:14-8:36 AM	8:00-8:22 AM	8:22-8:44 AM	8:44-9:06 AM	7:30-7:52 AM	7:52-8:14 AM	8:14-8:36 AM
12 & UNDERS	BULKHEAD LANES	LANE 4	LY	SMAC	ACAC	LASO,WW,HAVA	CCA	SMAC	LAC	YMST,WW,FCFY	CA-Y
		LANE 5	LY	SMAC	ACAC	LY	CCA	VABR, SMAC	LAC	SMAC	CA-Y
		LANE 6	LY	CA-Y	FCFY,HAVA,LASO	LY	CCA	VABR	LAC,LASO	SMAC	CA-Y
	SHALLOW END	LANE 1	CCA	CA-Y	HOKI	LY	CCA	ACAC,STRM, YMST	GATR	ACAC	CA-Y
		LANE 2	CCA	CA-Y	HOKI	LY	CCA	ACAC	GATR	ACAC	CA-Y
		LANE 3	CCA	CA-Y	HOKI	CA-Y	HOKI	ACAC	GATR	ACAC	CA-Y
		LANE 4	CCA	CA-Y	HOKI	CA-Y	HOKI	ACAC	GATR	CCA	VABR
		LANE 5	CCA	CA-Y	GATR	CA-Y	HOKI	GATR, FCFY	HOKI, HAVA	CCA	LY, VABR
		LANE 6	CCA	CA-Y	GATR	CA-Y	HOKI	GATR	HOKI	CCA	LY
		LANE 7	LAC	VABR	GATR	CA-Y	LAC	GATR	HOKI	CCA	LY
		LANE 8	LAC	VABR,WW	GATR	CA-Y	LAC	GATR	HOKI	CCA	LY

THERE ARE NO TEAM WARMUP ASSIGNMENTS FOR FINALS.

THE RECREATION POOL WILL BE OPEN AT ALL TIMES FOR WARMUP DURING THE MEET.

PLEASE DO SPECIFIC WARMUPS IN YOUR ASSIGNED LANES UNDER COACH SUPERVISION.

2/23/25 11:07 PM