

2020 WEST DISTRICT WARM-UP SCHEDULE

FRIDAY PM - DEEP POOL 1 DISTANCE SESSION

Lane	0	1	2	3	4	5	6	7	8	9
6:30-6:55 pm	Open Warmups Distance Session							One way starts		
Opening Ceremony 6:55 PM					Competition Begins 7:00 PM					

SATURDAY AM - DEEP POOL 1 (13-14)

Lane	0	1	2	3	4	5	6	7	8	9
7:00-7:20 am	OCY	GCY JETS	GCY JETS	CLFD COUNT	CLFD COUNT	RGSY	RESY WRN	RESY	BRY RDGY	BRY RDGY
7:25-7:45 am	GYST	SPY	SPY	SVY TYST	SVY TYST	BRK BYAC	BRK BYAC	INDY ESY	INDY	COR
7:50-8:10 am	FLY	AVY	UNTY	CLAR GJY	NCCY BFY	NCCY	BRAD SEWY	DUBO MYST	MVY	LVY TLY
Clear pool at 8:10 AM Opening Ceremony 8:15 AM Competition Begins 8:30 AM										

SATURDAY AM - SHALLOW POOL 2 (10 & under)

Lane	0	1	2	3	4	5	6	7	8	9
7:00-7:20 am	SEWY SVY	AVY COR	BYAC	BRAD BRK	BRAD BRK	INDY	INDY	INDY	ESY MYST	ESY MYST
7:25-7:45 am	RGSY	RGSY	RGSY RDGY	UNTY	CLAR COUNT	CLAR COUNT	NCCY MVY	GJY TLY WRN	BFY DUBO	FLY
7:50-8:10 am	TYST	TYST CLFD	RESY	RESY	GCY	BRY	OCY	GYST	SPY	JETS LVY
Clear pool at 8:10 AM			Opening Ceremony 8:15 AM			Competition Begins 8:30 AM				

SATURDAY PM - DEEP POOL 1 (15 & over)

Lane	0	1	2	3	4	5	6	7	8	9
1:30-1:50 pm	BRK	GJY	BRK GJY BRAD	BRAD	TYST	TYST TLY	OCY	OCY DUBO	RESY	RESY
1:55-2:15 pm	COUNT CLFD	CLFD	INDY	INDY WRN	BYAC	BYAC	RDGY UNTY	UNTY	GYST	GYST COR
2:20-2:40 pm	FLY LVY	MVY NCCY	NCCY	SVY	SPY	SPY SEWY	AVY RGSY	RGSY	BRY	BRY GCY
Clear pool at 2:40 PM			Opening Ceremony 2:45 PM			Competition Begins 3:00 PM				

SATURDAY PM - SHALLOW POOL 2 (11-12)

Lane	0	1	2	3	4	5	6	7	8	9
1:30-1:50 pm	RESY	RESY GCY	ESY	ESY BRY	UNTY	UNTY COR	BYAC	BYAC	BYAC RDGY	SEWY
1:55-2:15 pm	BRK	MVY	MVY BRAD	AVY LVY	NCCY	NCCY FLY	SPY	SPY	SPY GJY	TYST
2:20-2:40 pm	WRN	INDY	INDY	INDY MYST	RGSY	RGSY OCY	CLFD SVY TLY	GYST	COUNT	COUNT DUB
Clear pool at 2:40 PM			Opening Ceremony 2:45 PM			Competition Begins 3:00 PM				