# WARM UP ASSIGNMENTS
## 11/12 and 13/14 Sessions

## Friday, July 24, 2015

| 7:00-7:35am | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|---|---|---|---|---|---|---|---|---|
| | NOVA | NOVA | NOVA | CGBD | WAC SMAC | GATR | CCA HOKI | TIDE |

| 7:35-8:10am | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|---|---|---|---|---|---|---|---|---|
| | PSDN VYAC | PSDN | SEVA RAPP | QSTS LY WST | BAC STAT | RAYS CYAC | RPST ODAC | ALL OTHER TEAMS |

**8:20 Meet Start**

## Saturday, July 25, 2015

| 7:00-7:35am | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|---|---|---|---|---|---|---|---|---|
| | PSDN VYAC | PSDN | SEVA RAPP | QSTS LY WST | BAC STAT | RAYS CYAC | RPST ODAC | ALL OTHER TEAMS |

| 7:35-8:10am | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|---|---|---|---|---|---|---|---|---|
| | NOVA | NOVA | NOVA | CGBD | WAC SMAC | GATR | CCA HOKI | TIDE |

**8:20 Meet Start**

## Sunday, July 26, 2015

| 7:00-7:35am | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|---|---|---|---|---|---|---|---|---|
| | NOVA | NOVA | NOVA | CGBD | WAC SMAC | GATR | CCA HOKI | TIDE |

| 7:35-8:10am | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|---|---|---|---|---|---|---|---|---|
| | PSDN VYAC | PSDN | SEVA RAPP | QSTS LY WST | BAC STAT | RAYS CYAC | RPST ODAC | ALL OTHER TEAMS |

**8:20 Meet Start**

*** Warm up Pool open for all *'relay only'* swimmers during your team's warmup time