

Warm Up Schedule ECC

PRELIMS & FINALS EAST POOL

Thursday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Prelim / Final								
7:30 - 7:50 / 4:30 - 4:50	ME	ME	ME	ME	CT	CT	CT	CT
7:52 - 8:02 / 4:52 - 5:02	PV	PV	PV	PV	NJ	NJ	NJ	NJ
8:04 - 8:24 / 5:04 - 5:24	MR	MR	MR	MR	VA	VA	VA	VA
8:26 - 8:50 / 5:26 - 5:50	Pace Lane	Sprint Lanes Start End only! (prelims) Finals - General Warm up						Pace Lane

WEST POOL

Thursday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Prelim / Final								
7:30 - 7:50 / 4:30 - 4:50								
7:52 - 8:02 / 4:52 - 5:02	AD	AD	AD	AD	NI	NI	NI	NI
8:04 - 8:24 / 5:04 - 5:24	AM	AM	AM	AM	MA	MA	MA	MA
8:26 - 8:50 / 5:26 - 5:50	Pace Lane	Sprint Lanes Start End only!						Pace Lane

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East Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Thursday								
12:30 - 12:45	AD	AD	NI	NI	NI	MA	MA	MA
12:47 - 1:02	PV	PV	PV	VA	VA	VA	CT	CT
1:04 - 1:20	General Warm Up							

WEST POOL

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Thursday								
12:30 - 12:45	ME	ME	NJ	NJ	NJ	MR	MR	MR
12:47 - 1:02	ME	ME	AM	AM	AM	AM	MR	MR
1:04 - 1:20	Pace Lane	Sprint Lanes Start End only!						Pace Lane

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Friday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Prelim / Final								
7:30 - 7:50 / 4:30 - 4:50					NJ	NJ	NJ	NJ
7:52 - 8:02 / 4:52 - 5:02	ME	ME	ME	ME	CT	CT	CT	CT
8:04 - 8:24 / 5:04 - 5:24	MA	MA	MA	MA	NI	NI	NI	NI
8:26 - 8:50 / 5:26 - 5:50	Pace Lane	Sprint Lanes Start End only! (prelims) Finals - General Warm up						Pace Lane

WEST POOL

Friday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Prelim / Final								
7:30 - 7:50 / 4:30 - 4:50	VA	VA	VA	VA				
7:52 - 8:02 / 4:52 - 5:02	AD	AD	AD	AD	PV	PV	PV	PV
8:04 - 8:24 / 5:04 - 5:24	AM	AM	AM	AM	MR	MR	MR	MR
8:26 - 8:50 / 5:26 - 5:50	Pace Lane	Sprint Lanes Start End only!						Pace Lane

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East Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Friday								
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12:47 - 1:02	PV	PV	PV	VA	VA	VA	CT	CT
1:04 - 1:20	General Warm Up							

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Friday								
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12:47 - 1:02	ME	ME	AM	AM	AM	AM	MR	MR
1:04 - 1:20	Pace Lane	Sprint Lanes Start End only!						Pace Lane

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7:52 - 8:02 / 4:52 - 5:02	PV	PV	PV	PV	NJ	NJ	NJ	NJ
8:04 - 8:24 / 5:04 - 5:24	MR	MR	MR	MR	VA	VA	VA	VA
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7:52 - 8:02 / 4:52 - 5:02	NI	NI	NI	NI	AM	AM	AM	AM
8:04 - 8:24 / 5:04 - 5:24	AD	AD	AD	AD	CT	CT	CT	CT
8:26 - 8:50 / 5:26 - 5:50	Pace Lane	Sprint Lanes Start End only!						Pace Lane

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Saturday								
12:30 - 12:45	ME	ME	NJ	NJ	NJ	MR	MR	MR
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1:04 - 1:20	Pace Lane	Sprint Lanes Start End only!						Pace Lane