

## 13 & Over Warm-up Schedule

<b>Team</b>	<b>Lane Assignments</b>	<b>1<sup>st</sup> warm-up 7-7:40 am</b>	<b>2<sup>nd</sup> warm-up 7:40-8:20 am</b>
<b>AD</b>	<b>5</b>	<b>X</b>	
<b>AM</b>	<b>4</b>		<b>X</b>
<b>CT</b>	<b>5</b>		<b>X</b>
<b>MA</b>	<b>3-4</b>	<b>X</b>	
<b>MD</b>	<b>6-7-8</b>		<b>X</b>
<b>MR</b>	<b>1-2</b>		<b>X</b>
<b>NJ</b>	<b>4</b>	<b>X</b>	
<b>NE</b>	<b>3</b>		<b>X</b>
<b>NI</b>	<b>5</b>	<b>X</b>	
<b>PV</b>	<b>6-7-8</b>	<b>X</b>	
<b>VA</b>	<b>1-2</b>	<b>X</b>	

## 12 & Under Warm-up Schedule

<b>Team</b>	<b>Lane Assignments</b>	<b>1<sup>st</sup> warm-up 7-7:40 am</b>	<b>2<sup>nd</sup> warm-up 7:40-8:20 am</b>
<b>AD</b>	<b>6</b>		<b>X</b>
<b>AM</b>	<b>3</b>	<b>X</b>	
<b>CT</b>	<b>5-6</b>	<b>X</b>	
<b>MA</b>	<b>3-2</b>		<b>X</b>
<b>MD</b>	<b>1-2</b>	<b>X</b>	
<b>MR</b>	<b>7-8</b>	<b>X</b>	
<b>NJ</b>	<b>4-5</b>		<b>X</b>
<b>NE</b>	<b>4</b>	<b>X</b>	
<b>NI</b>	<b>6</b>		<b>X</b>
<b>PV</b>	<b>7-8</b>		<b>X</b>
<b>VA</b>	<b>1-2</b>		<b>X</b>