

SUNDAY 3/13/16

MEET START: 9:00am

11/12 and 13/14 Warmup Schedule

Time	Shallow End								Warmup/Down Lanes						Deep End							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	W1	W2	W3	W4	W5	W6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30-8am	NOVA								GATR	GATR	GATR-6 SMAC	HOKI	HOKI	HOKI UN	CGBD	CGBD	CGBD	RAYS	RAYS	RAYS	TAC VSTP VYAC SFY	757

Time	Shallow End								Warmup/Down Lanes						Deep End							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	W1	W2	W3	W4	W5	W6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:30am	PSDN				SEVA	SEVA TSU	ECAT SCAT	BASS RAPP STRM	STAT DC	WAC	CYAC BRAC	DIG RACE	CCA-8 PWSC	CCA	TIDE	TIDE	TIDE	QSTS	QSTS	QSTS WST	ODAC RPST	ODAC

10& Under Warmup Schedule

Time	Shallow End								Warmup/Down Lanes						Deep End							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	W1	W2	W3	W4	W5	W6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:30am-8:50am	NOVA				CGBD	GATR	PSDN	DIG	HOKI	CYAC VYAC	OPEN	OPEN	CCA	SMAC	QSTS	WAC RPST	TIDE PWSC	STAT TAC	RAYS SEVA WST	STRM TSU 757 RACE	BASS DC ODAC	OPEN

* Lanes are yours to do what you want. Teams sharing a lane, please work together to coordinate Starts, Turns, etc.