

Morning Warm Ups

FRIDAY 12 & Under Course- Deep End								
	1	2	3	4	5	6	7	8
6:30-7:15am	GATR	GATR	GATR	GATR	HOKI	HOKI	HOKI	CCA
	1	2	3	4	5	6	7	8
7:15-8:00am	CYAC	CYAC	CYAC	SMAC	SMAC	BASS	ACAC	LY BRAC

Warmup Pool (Between the two courses)					SPECIFIC WARM UP FROM 8:00AM-8:20AM	
6:30-7:15am	1	2	3	4	LANES 1 & 8 in competition pools will be pace	LANES 2,3,6,7 in competition pools will be dive
	CCA	CCA	CCA	CCA		
7:15-8:00am	1	2	3	4	LANES 4,5 in comp pools and all lanes in warm up pool will be circle swim	
	PSDN	PSDN	SFY	SCAT		
					COMPETITION BEGINS AT 8:30AM	

FRIDAY 13 & Over Course- Shallow End										
	1	2	3	4	5	6	7	8	9	10
6:30-7:15am	GATR	GATR	GATR	HOKI	HOKI	SFY LASO	BRAC	ACAC SCAT UNAT	CCA	CCA
	1	2	3	4	5	6	7	8	9	10
7:15-8:00am	PSDN	PSDN	PSDN	PSDN	BASS	CYAC	SMAC	LY	LASO	LASO

Morning Warm Ups

SATURDAY 12 & Under Course- Deep End								
	1	2	3	4	5	6	7	8
6:30-7:15am	CYAC	CYAC	CYAC	SMAC	SMAC	BASS	SFY	BASS UNAT
	1	2	3	4	5	6	7	8
7:15-8:00am	GATR	GATR	GATR	GATR	HOKI	HOKI	HOKI	STRM

Warmup Pool (Between the two courses)					SPECIFIC WARM UP FROM 8:00AM-8:20AM	
6:30-7:15am	1	2	3	4	LANES 1 & 8 in competition pools will be pace	LANES 2,3,6,7 in competition pools will be dive
	LY	LY	BRAC	ACAC SCAT		
7:15-8:00am	1	2	3	4	LANES 4,5 in comp pools and all lanes in warm up pool will be circle swim	
	CCA	CCA	CCA	LASO	COMPETITION BEGINS AT 8:30AM	

SATURDAY 13 & Over Course- Shallow End										
	1	2	3	4	5	6	7	8	9	10
6:30-7:15am	PSDN	PSDN	PSDN	PSDN	PSDN	BASS	BASS	SMAC	CYAC	CYAC
	1	2	3	4	5	6	7	8		
7:15-8:00am	GATR	GATR	GATR	HOKI	HOKI	SFY	BRAC	ACAC SCAT UNAT	CCA	CCA

Morning Warm Ups

SUNDAY 12 & Under Course- Deep End								
	1	2	3	4	5	6	7	8
6:30-7:15am	GATR	GATR	GATR	GATR	HOKI	HOKI	HOKI	CCA
	1	2	3	4	5	6	7	8
7:15-8:00am	CYAC	CYAC	CYAC	SMAC	SMAC	BASS	ACAC	LY BRAC

Warmup Pool (Between the two courses)				
	1	2	3	4
6:30-7:15am	CCA	CCA	CCA	CCA
	1	2	3	4
7:15-8:00am	PSDN	PSDN	SFY	SCAT

SPECIFIC WARM UP FROM 8:00AM-8:20AM

LANES 1 & 8 in competition pools will be pace

Lanes 2,3,6,7 in competition pools will be dive

Lanes 4,5 in comp pools and all lanes in warm up pool will be circle swim

COMPETITION BEGINS AT 8:30AM

SUNDAY 13 Over Course- Shallow End										
	1	2	3	4	5	6	7	8	9	10
6:30-7:15am	GATR	GATR	GATR	HOKI	HOKI	SFY LASO	BRAC	SCAT UNAT	CCA	CCA
	1	2	3	4	5	6	7	8	9	10
7:15-8:00am	PSDN	PSDN	PSDN	PSDN	BASS	CYAC	SMAC	LY	LASO	STRM