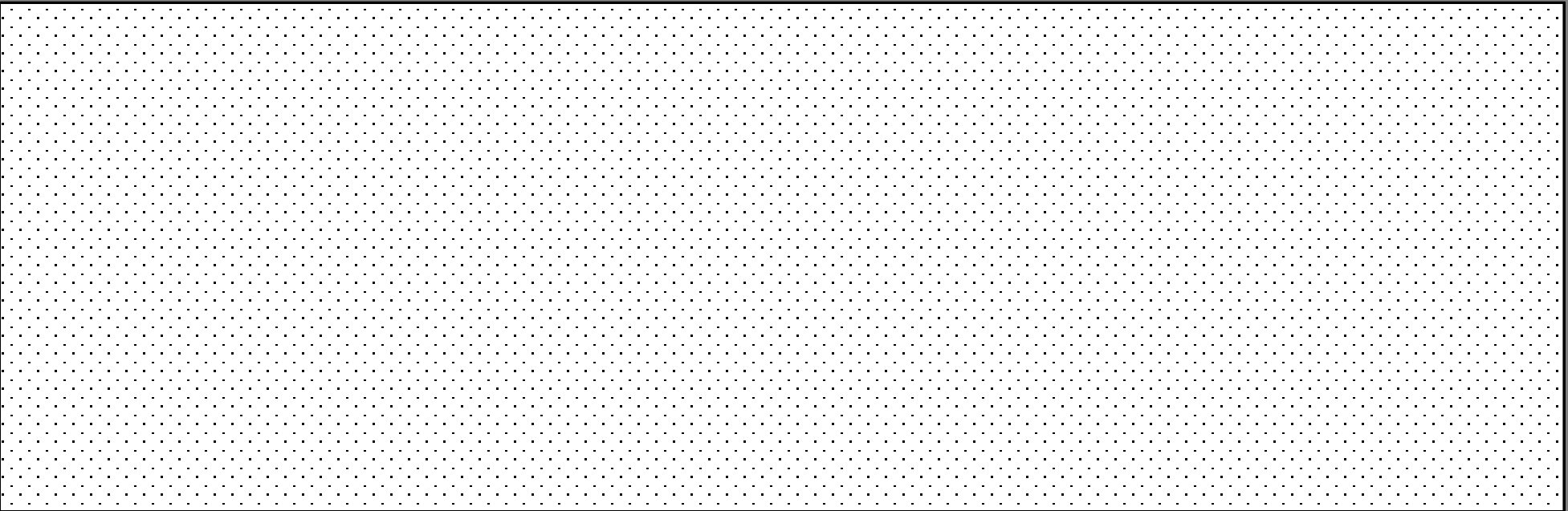
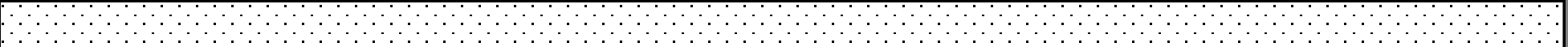


Thursday Finals Session Warmups - Meet Starts at 5:15 PM

American Flag Side

Diving Tower / Scoreboard Side	Pool 2 (Diving Tower Side Pool)								Warm Up Pool				Pool 1 (Play Area Side Pool)			Play Area Side	
	L8	L7	L6	L5	L4	L3	L2	L1	WU4	WU3	WU2	WU1	4:00-4:45	4:45-5:00			
4:00-4:45	General Warm Up								Bulkhead	General Warm Up				Bulkhead	General Warm Up	Pace Lane	L1
4:45-5:00	Pace Lane	One Way Starts	General Warm Up				One Way Starts	Pace Lane	Bulkhead	General Warm Up				Bulkhead		General Warm Up	One Way Start
															L3		
	L4																
	L5																
	L6																
	L7																
L8																	
Locker Room & Spectator Seating Side																	



Friday Morning General Warmups (11-12 & 13-14) - Meet Starts at 8:30 AM

American Flag Side																	
Diving Tower / Scoreboard Side	Pool 2 (Diving Tower Side Pool)								Bulkhead	Warm Up Pool				Bulkhead	Pool 1 (Play Area Side Pool)		
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		7:00-7:30	7:30-8:00	
	7:00-7:30	CGBD	CGBD	CGBD	CGBD	PSDN	PSDN/SEVA	SEVA		SEVA	Bulkhead	HOKI/OBX	TAC/RACE		SHKS/PWSC	VSTP/VACS/ RPST	Bulkhead
7:30-8:00	BAC	BAC	ODAC/TCAC	ODAC	CCA	CCA/TSU/RAPP	STAT	STAT/BASS	Bulkhead	RAYS	RAYS/VAST	GATR	GATR/SCAT	Bulkhead	NOVA	TIDE	L5
															NOVA	TIDE	L6
															NOVA	QSTS	L7
															NOVA	QSTS	L8

Locker Room & Spectator Seating Side

Friday Morning Specific Warmups (11-12 & 13-14)

American Flag Side																	
Diving Tower / Scoreboard Side	Pool 2 (Diving Tower Side Pool)								Bulkhead	Warm Up Pool				Bulkhead	Pool 1 (Play Area Side Pool)		
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		8:00-8:20		
	8:00-8:20	Pace Lane	One Way Starts		General Warm Up		One Way Starts			Pace Lane	Bulkhead	General Warm Up				Bulkhead	Pace Lane
															One Way Starts		L2
															General Warm Up		L4
															General Warm Up		L5
															One Way Starts		L6
															One Way Starts		L7
															Pace Lane		L8

Locker Room & Spectator Seating Side

Friday Afternoon General Warmups (10 & Under) - Meet Starts at 2:00 PM

American Flag Side																		
Pool 2 (Diving Tower Side Pool)									Bulkhead	Warm Up Pool				Bulkhead	Pool 1 (Play Area Side Pool)			
															1:00-1:30			
									Bulkhead					Bulkhead				
Diving Tower / Scoreboard Side	1:00-1:30	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		1:00-1:30		
		OBX/ RACE/ SMAC/ TSU	STAT/ TIDE	RAYS/ TCAC	ODAC/ PWSC/ RPST	BASS/ HOKI/ CAST	SEVA/ VACS	CCA/ VSTP/ VYAC	TAC/ SHKS		WAC	PSDN	QDD/ BAC	QSTS/ SCAT		CGBD		L1
																CGBD		L2
																GATR		L3
																GATR		L4
																NOVA		L5
																NOVA		L6
																NOVA		L7
														NOVA		L8		
Locker Room & Spectator Seating Side																		

Friday Afternoon Specific Warmups (10 & Under)

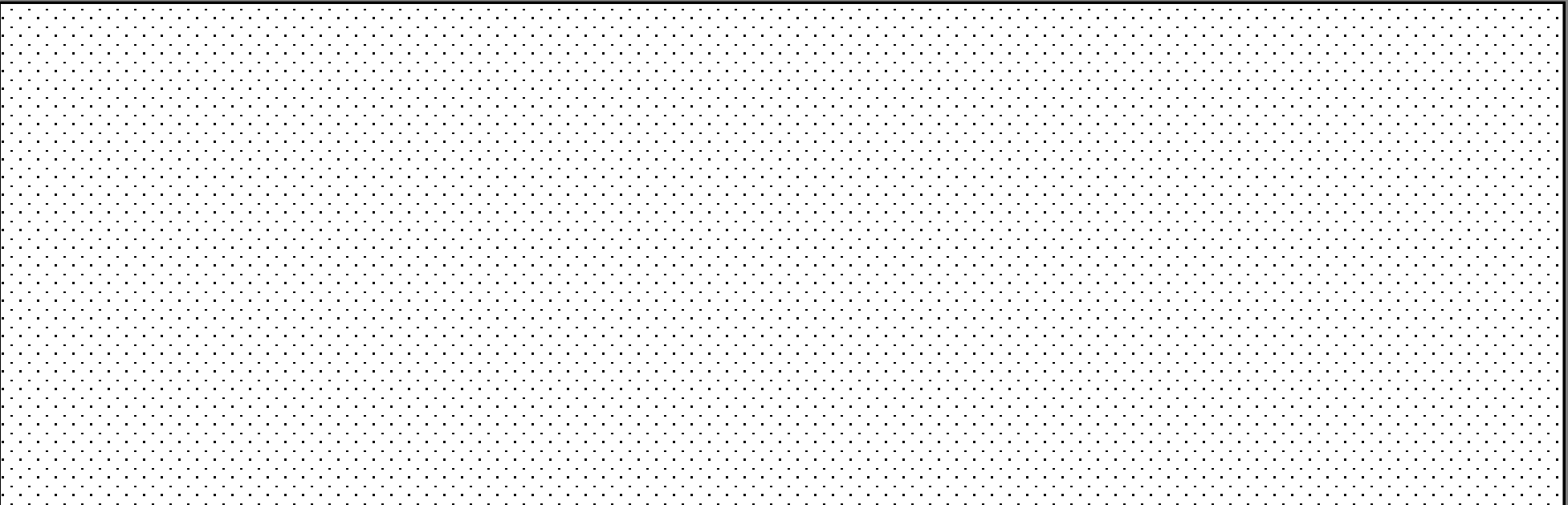
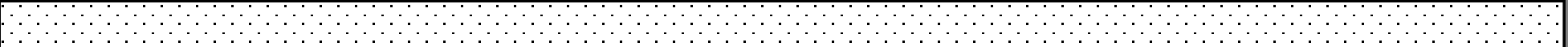
American Flag Side																		
Pool 2 (Diving Tower Side Pool)									Bulkhead	Warm Up Pool				Bulkhead	Pool 1 (Play Area Side Pool)			
															1:30-1:45			
									Bulkhead					Bulkhead				
Diving Tower / Scoreboard Side	1:30-1:45	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		1:30-1:45		
		Pace Lane	One Way Starts	General Warm Up	One Way Starts	Pace Lane									Pace Lane		L1	
																One Way Starts		L2
																General Warm Up		L3
																General Warm Up		L4
																One Way Starts		L5
																One Way Starts		L6
														Pace Lane		L7		
														Pace Lane		L8		
Locker Room & Spectator Seating Side																		

Friday Finals Session Warmups - Meet Starts at 6:00 PM

American Flag Side

Diving Tower / Scoreboard Side	Pool 2 (Diving Tower Side Pool)								Warm Up Pool				Pool 1 (Play Area Side Pool)			Play Area Side	
	L8	L7	L6	L5	L4	L3	L2	L1	WU4	WU3	WU2	WU1	5:00-5:30	5:30-5:50			
5:00-5:30	General Warm Up								Bulkhead	General Warm Up				Bulkhead	General Warm Up	Pace Lane	L1
5:30-5:50	Pace Lane	One Way Starts	General Warm Up	One Way Starts	Pace Lane	Bulkhead	General Warm Up	Bulkhead	General Warm Up	Bulkhead	General Warm Up	Bulkhead	General Warm Up	One Way Start		L2	
														General Warm Up	L3		
														General Warm Up	L4		
														One Way Start	L5		
														One Way Start	L6		
														Pace Lane	L7		
														Pace Lane	L8		

Locker Room & Spectator Seating Side



Saturday Morning General Warmups (11-12 & 13-14) - Meet Starts at 8:30 AM

American Flag Side																
Diving Tower / Scoreboard Side	Pool 2 (Diving Tower Side Pool)									Warm Up Pool				Pool 1 (Play Area Side Pool)		
	L8	L7	L6	L5	L4	L3	L2	L1	WU4	WU3	WU2	WU1	7:00-7:30	7:30-8:00		
	7:00-7:30	STAT	PSDN/RAPP	PSDN	PSDN	CGBD/VACS	CGBD	CGBD	CGBD	Bulkhead	CCA	CCA/HOKI/STRM	WAC	WAC/VSTP	BASS	SEVA
7:30-8:00	PWSC/CYAC/OBX/ RPST	TAC	GATR/RACE	GATR	ODAC	ODAC/TSU	BAC/LASO	BAC	Bulkhead	RAYS	RAYS	RAYS/SMAC	SHKS/VAST	NOVA	TIDE	L5
													NOVA	TIDE	L6	
													NOVA	QSTS	L7	
													NOVA	QSTS	L8	

Locker Room & Spectator Seating Side

Saturday Morning Specific Warmups (11-12 & 13-14)

American Flag Side																
Diving Tower / Scoreboard Side	Pool 2 (Diving Tower Side Pool)									Warm Up Pool				Pool 1 (Play Area Side Pool)		
	L8	L7	L6	L5	L4	L3	L2	L1	WU4	WU3	WU2	WU1	8:00-8:20			
	8:00-8:20	Pace Lane	One Way Starts		General Warm Up		One Way Starts		Pace Lane	Bulkhead	General Warm Up			Bulkhead	Pace Lane	
														One Way Starts		L2
														One Way Starts		L3
														General Warm Up		L4
														General Warm Up		L5
														One Way Starts		L6
														One Way Starts		L7
														Pace Lane		L8

Locker Room & Spectator Seating Side

Saturday Afternoon General Warmups (10 & Under) - Meet Starts at 2:00 PM

American Flag Side																	
Diving Tower / Scoreboard Side	Pool 2 (Diving Tower Side Pool)								Bulkhead	Warm Up Pool				Bulkhead	Pool 1 (Play Area Side Pool)		Play Area Side
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		1:00-1:30		
	1:00-1:30	CGBD	CGBD	GATR	GATR	SMAC/ TCAC VSTP/ VYAC/ RPST	CCA/ SHKS/ WST/ SCAT	QST/ TIDE		SEVA/ TSU	Bulkhead	NOVA	NOVA		NOVA	NOVA	
														PWSC/ RAYS/ CYAC	L2		
														RACE/ ODAC	L3		
														BASS/ HOKI	L4		
														TAC/ VACS	L5		
														QDD	L6		
														PSDN	L7		
														WAC	L8		
Locker Room & Spectator Seating Side																	

Saturday Afternoon Specific Warmups (10 & Under)

American Flag Side																	
Diving Tower / Scoreboard Side	Pool 2 (Diving Tower Side Pool)								Bulkhead	Warm Up Pool				Bulkhead	Pool 1 (Play Area Side Pool)		Play Area Side
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		1:30-1:45		
	1:30-1:45	Pace Lane	One Way Starts		General Warm Up		One Way Starts	Pace Lane		Bulkhead	General Warm Up				Bulkhead	Pace Lane	
														One Way Starts	L2		
															L3		
														General Warm Up	L4		
															L5		
														One Way Starts	L6		
															L7		
														Pace Lane	L8		
Locker Room & Spectator Seating Side																	

Saturday Finals Session Warmups - Meet Starts at 6:00 PM

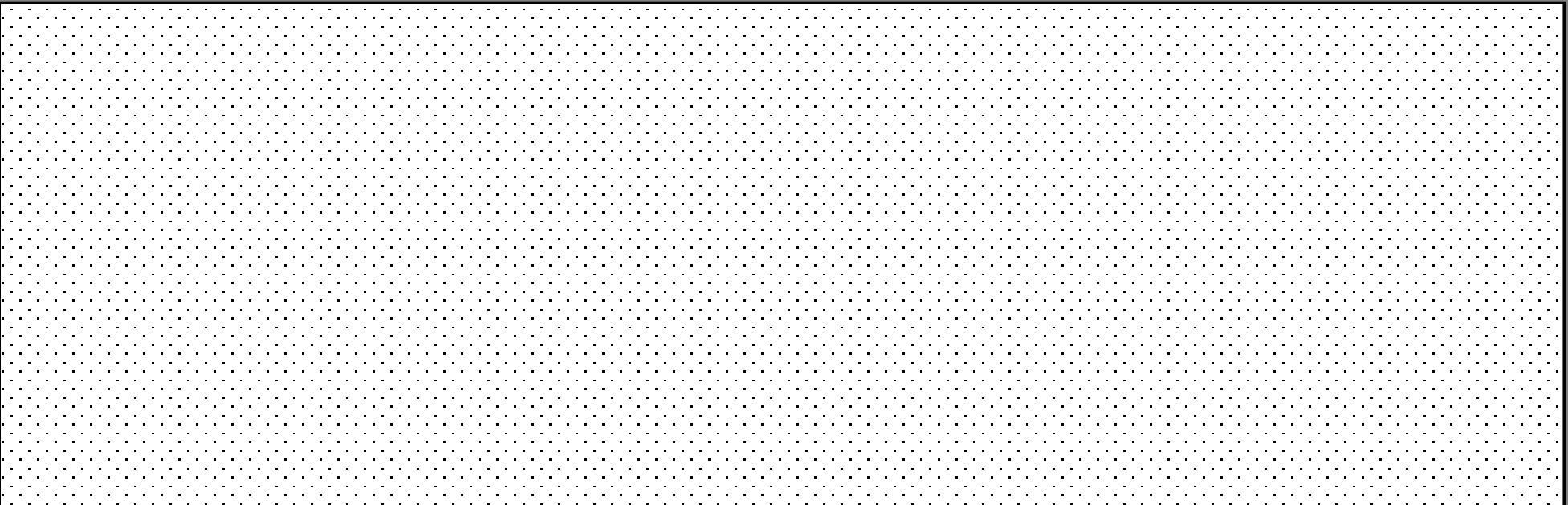
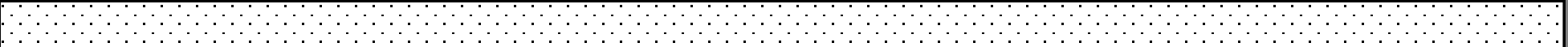
American Flag Side

Diving Tower / Scoreboard Side

Pool 2 (Diving Tower Side Pool)									Warm Up Pool				Pool 1 (Play Area Side Pool)				
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		5:00-5:30	5:30-5:50	
5:00-5:30	General Warm Up								Bulkhead	General Warm Up				Bulkhead	General Warm Up	Pace Lane	L1
																One Way Start	L2
5:30-5:50	Pace Lane	One Way Starts	General Warm Up	One Way Starts	Pace Lane	General Warm Up								General Warm Up	General Warm Up	L4	
															L5		
															One Way Start	L6	
															Pace Lane	L7	
															Pace Lane	L8	

Play Area Side

Locker Room & Spectator Seating Side



Sunday Morning General Warmups (11-12 & 13-14) - Meet Starts at 9:30 AM

American Flag Side

Diving Tower / Scoreboard Side	Pool 2 (Diving Tower Side Pool)									Bulkhead	Warm Up Pool				Bulkhead	Pool 1 (Play Area Side Pool)				
	L8	L7	L6	L5	L4	L3	L2	L1	WU4		WU3	WU2	WU1	8:00-8:30		8:30-9:00				
8:00-8:30	TAC	PSDN/VSTP	PSDN	PSDN	SMAC	CGBD	CGBD	CGBD	Bulkhead	CCA	CCA	SEVA	SEVA	Bulkhead	BASS	BAC	L1			
																			L2	
																				L3
																				L4
8:30-9:00	PWSC/OBX/VAST	VACS/RAPP/RACE/STRM	SHKS/LASO/ RPST/ SCAT	STAT/HOKI	STAT	WAC	GATR/WAC	GATR	Bulkhead	RAYS	RAYS	ODAC	ODAC	Bulkhead	NOVA	TIDE	L5			
																				L6
																				L7
																				L8

Locker Room & Spectator Seating Side

Sunday Morning Specific Warmups (11-12 & 13-14)

American Flag Side

Diving Tower / Scoreboard Side	Pool 2 (Diving Tower Side Pool)									Bulkhead	Warm Up Pool				Bulkhead	Pool 1 (Play Area Side Pool)		
	L8	L7	L6	L5	L4	L3	L2	L1	WU4		WU3	WU2	WU1	9:00-9:20				
9:00-9:20	Pace Lane	One Way Starts	General Warm Up	One Way Starts	Pace Lane	Bulkhead	General Warm Up	Bulkhead	Pace Lane	General Warm Up	Bulkhead	Pace Lane	One Way Starts	General Warm Up	One Way Starts	Pace Lane	Pace Lane	L1
																		L2
																		L3
																		L4
																		L5
																		L6
L7																		
L8																		

Locker Room & Spectator Seating Side

Sunday Afternoon General Warmups (10 & Under) - Meet Starts at 3:00 PM

American Flag Side																	
Diving Tower / Scoreboard Side	Pool 2 (Diving Tower Side Pool)								Bulkhead	Warm Up Pool				Bulkhead	Pool 1 (Play Area Side Pool)		Play Area Side
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		2:00-2:30		
2:00-2:30	STAT/ SCAT/ VACS/ SMAC	RACE TIDE/ SHKS	RAYS/ TCAC	HOKI/ BASS/ TSU	NOVA	NOVA	NOVA	NOVA	Bulkhead	GATR	GATR	CGBD	CGBD/ VSTP	Bulkhead	ODAC/ PWSC	L1	
															PSDN/ RPST	L2	
															CCA/ BAC	L3	
															TAC/ WST	L4	
															SEVA/ VYAC	L5	
															QSTS/ OBX	L6	
															QDD	L7	
															WAC	L8	
Locker Room & Spectator Seating Side																	

Sunday Afternoon Specific Warmups (10 & Under)

American Flag Side																	
Diving Tower / Scoreboard Side	Pool 2 (Diving Tower Side Pool)								Bulkhead	Warm Up Pool				Bulkhead	Pool 1 (Play Area Side Pool)		Play Area Side
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		2:30-2:45		
2:30-2:45	Pace Lane	One Way Starts		General Warm Up		One Way Starts		Pace Lane	Bulkhead	General Warm Up				Bulkhead	Pace Lane	L1	
															One Way Starts	L2	
																L3	
															General Warm Up	L4	
																L5	
															One Way Starts	L6	
																L7	
															Pace Lane	L8	
Locker Room & Spectator Seating Side																	

Sunday Finals Session Warmups - Meet Starts at 5:40 PM

American Flag Side																		
Pool 2 (Diving Tower Side Pool)									Warm Up Pool				Pool 1 (Play Area Side Pool)					
Diving Tower / Scoreboard Side	L8	L7	L6	L5	L4	L3	L2	L1	Bulkhead	WU4	WU3	WU2	WU1	Bulkhead	4:30-5:15		5:15-5:30	
										General Warm Up		General Warm Up			4:30-5:15	5:15-5:30	L1	
4:30-5:15	General Warm Up									General Warm Up				General Warm Up-after 10&under session if time permits		Pace Lane	L1	
5:15-5:30	Pace Lane	One Way Starts		General Warm Up		One Way Starts		Pace Lane	General Warm Up				One Way Start			L2		
													General Warm Up	L3				
	One Way Start	L4																
	Pace Lane	L5																
One Way Start	L6																	
Pace Lane	L7																	
Pace Lane	L8																	
Locker Room & Spectator Seating Side																		

Pool 2 will open for general warmups at 4:30 PM.

Pool 1 will open for general warmups after the conclusion of the 10 & Under Session.