

Warm Up Assignments

THURSDAY NIGHT:

GENERAL WARM UP from 3-3:30pm

3:30pm-3:50pm: 1 & 8 are pace, 2 & 7 are dive, 3-6 remain general.

Competition starts at 4:00pm.

FRIDAY MORNING

6:45-7:20AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOVA	NOVA	NOVA	WAC RACE	SEVA RPST	LY HOKI SMAC	QSTS	CYAC VYAC SHKS TSU VACS CAST PWSC TCAC VSTP

7:20AM-7:55

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CGBD	PSDN	TIDE RAPP	BAC QDD	GATR ODAC	STAT YGR	RAYS TAC	BASS CCA

*****7:55-8:05, 1 & 8 are pace, 2 -7 one way starts;**

competition start 8:15AM

SATURDAY MORNING

6:45-7:20AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LY HOKI YGR	CGBD	TIDE	PSDN VACS	BAC CYAC	GATR TAC	RAYS QDD	BASS CCA

7:20AM-7:55AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOVA	NOVA	NOVA	SEVA RACE	WAC SMAC	ODAC STAT	QSTS CAST	RPST SHKS TSU VYAC YRVS PWSC TCAC VSTP WST YMST

7:55-8:05, 1 & 8 are pace, 2 -7 one way starts; competition start 8:15AM

SUNDAY MORNING

6:45-7:20AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOVA	NOVA	NOVA	LY HOKI YGR	QSTS	SEVA RPST	WAC RAPP	QDD GATR

7:20AM-7:55AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CGBD	TIDE	PSDN VACS	BAC TAC	BASS CCA	RAYS ODAC	STAT CYAC SMAC	SHKS VYAC PWSC RACE TCAC TSU VSTP

*****7:55-8:05, 1 & 8 are pace, 2 -7 one way starts;
competition start 8:15AM**