

FRIDAY MORNING WARM UPS

6:45-7:30AM

SCAT & DC	Lane 1
STRM & CCA	Lane 2
GATR	Lane 3 & 4
SMAC & SWAT	Lane 5
LASO & HA	Lane 6
LY	Lane 7 & 8
RACE	Lane 8

7:30-8:15AM

PSDN	Lane 1,2,3
BAC	Lane 4,5
VACS	Lane 6
UN – SG	Lane 7,8

The warm down pool will be available the entire warm up session Friday morning.

SATURDAY MORNING WARM UPS

35 minute warm up, 10 minutes for dives in competition pool

6:45 – 7:30AM

PSDN	Lane 1,2,3,4
BAC	Lane 5,6,7,8
VACS	Lane 9
UN-SG	Lane 10,11

7:30-8:15AM

GATR	Lane 1,2
CCA	Lane 3,4
SMAC	Lane 4
SWAT	Lane 5,6
STRM	Lane 6
DC	Lane 7
CYAC & LASO	Lane 8
RACE & SCAT	Lane 9
LY	Lane 10,11

SUNDAY MORNING WARM UPS

35 minute warm up, 10 minutes for dives in competition pool

6:45-7:30AM

CCA	Lane 1,2
LASO & HA	Lane 3
GATR	Lane 4,5
CYAC	Lane 6
DC & SCAT	Lane 7
SVFY & STRM	Lane 8
LY	Lane 9,10
RACE	Lane 11

7:30-8:15AM

PSDN	Lane 1,2,3,4
UNSG	Lane 5,6
VACS	Lane 7
SWAT	Lane 8
BAC	Lane 9,10,11

FRIDAY AFTERNOON WARM UPS

25 minutes for warm up and 10 minutes for dives in competition pool

12:00-12:35PM

GATR	Lane 1,2,3,4
CCA	Lane 5,6
UN-SG	Lane 6
DC	Lane 7
VACS	Lane 8
LY	Lane 9,10
LASO	Lane 11

12:35-1:10PM

PSDN	Lane 1,2,3,4,5
BAC	Lane 6,7
CYAC	Lane 7
SMAC & RACE	Lane 8
HA	Lane 9
SWAT	Lane 10,11

SATURDAY AFTERNOON WARM UPS

25 minutes for warm up and 10 minutes for dives in competition pool

12:00-12:35PM

PSDN	Lane 1,2,3,4
SWAT	Lane 5,6
STRM	Lane 6
BAC	Lane 7,8
SVFY	Lane 8
SCAT & DC	Lane 9
VACS	Lane 10,11
HA	Lane 11

12:35-1:10PM

GATR	Lane 1,2,3,4
RACE	Lane 4
CCA	Lane 5,6
UN-SG	Lane 6
CYAC	Lane 7,8
SMAC	Lane 8
LY	Lane 9,10
LASO	Lane 11

SUNDAY AFTERNOON WARM UPS

25 minutes for warm up and 10 minutes for dives in competition pool

12:00-12:35PM

GATR	Lane 1,2,3,4
BAC	Lane 5,6
SVFY	Lane 6
SWAT	Lane 7,8
UN-SG	Lane 8
CYAC	Lane 9
DC	Lane 10,11
LASO	Lane 11

12:35-1:10PM

PSDN	Lane 1,2,3,4
VACS	Lane 5,6
HA	Lane 6
CCA	Lane 7,8
RACE	Lane 8
LY	Lane 9,10
SMAC	Lane 11