Warmup Assignments

Friday Morning

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane A	Lane B	Lane C	Lane D
7:00 - 7:30	RAYS	RAYS	PWSC	BASS	BASS	SHKS	SHKS	SHKS	QDD	QDD	QDD	QDD		
7:30 - 8:00	VSTP	WST	RPST	TSU	STAT	STAT	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	VAST

Friday Afternoon

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane A	Lane B	Lane C	Lane D
12:00 - 12:30	RAYS	RAYS	PWSC	PWSC	STAT	STAT	BASS	BASS	QDD	QDD	QDD	BASS		
12:30 - 1:00	VAST/WST	VSTP	SHKS	RPST/TSU	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA

Saturday Morning

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane A	Lane B	Lane C	Lane D
7:00 - 7:30	RAYS	RAYS	PWSC	PWSC/VAST	TSU	VSTP	SHKS	SHKS	QDD	QDD	QDD	RAYS	SHKS	SHKS
7:30 - 8:00	WST	RPST	STAT	STAT	BASS	BASS	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA

Saturday Afternoon

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane A	Lane B	Lane C	Lane D
12:30 - 1:00	RAYS	RAYS	SHKS	VSTP	PWSC	PWSC	BASS	BASS	QDD	QDD	QDD	BASS		
1:00 - 1:30	VAST/WST	RPST/TSU	STAT	STAT	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA

Sunday Morning

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane A	Lane B	Lane C	Lane D
7:00 - 7:30	RAYS	RAYS	RAYS	BASS	BASS	PWSC	SHKS	SHKS	QDD	QDD	QDD		SHKS	SHKS
7:30 - 8:00	RPST	TSU	STAT	STAT	VSTP	WST/VAST	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA

Sunday Afternoon

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane A	Lane B	Lane C	Lane D
12:30 - 1:00	VAST/WST	STAT	TSU	RPST	VSTP	SHKS	BASS	BASS	QDD	QDD	QDD	BASS	STAT	STAT
1:00 - 1:30	RAYS	RAYS	PWSC	PWSC	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA