

Lanes are yours. One way starts when you are ready. If you are sharing a lane with another team, please work with them to ensure all swimmers get adequate warm up. The 3 lane family pool will be available for continuous warm up and warm down throughout the meet.

WARM UP LANES FRIDAY MORNING 6:30-7:10AM Competition begins at 8:00AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
LY, UNA	STRM, CYAC	PSDN	PSDN	HOKI	CCA	CCA	CCA, LASO	PSDN	PSDN	HOKI

7:10AM-7:50 WARM UP

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
BAC, RSA	BAC	SMAC	VACS, SCAT	GATR	GATR	YGR	YGR, CAST	BAC	BAC	SMAC

FRIDAY FINALS WARM UP WILL BEGIN AT 5:00PM with competition beginning at 6:00PM

SATURDAY MORNING 6:30-7:10AM Competition begins at 8:00AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
LY, UNA	LY, SMAC	SMAC	BAC	BAC	GATR	YGR, RSA	YGR	BAC	BAC	GATR

7:10AM-7:50AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PSDN	PSDN	CCA	CAST, STRM	VACS	CYAC, LASO, SCAT	HOKI	HOKI	CCA	PSDN	PSDN

SATURDAY FINALS WARM UP WILL BEGIN AT 5:00PM with competition beginning at 6:00PM

SUNDAY MORNING**6:30-7:10AM****Competition begins at 8:00AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
LY, UNA, STRM	PSDN	PSDN	CCA	CCA	HOKI, LASO	HOKI	VACS, SCAT	PSDN	PSDN	LY

7:10AM – 7:50AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
BAC	BAC	GATR	GATR, CAST	YGR	YGR, CYAC	SMAC, RSA	SMAC	GATR	BAC	BAC

SUNDAY FINALS WARM UP WILL BEGIN AT 5:00PM with competition beginning at 6:00PM

FRIDAY AFTERNOON WARM UPS**12 & Younger swimmers****12:30-1:10PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
LY	PSDN	PSDN	CCA	CCA	HOKI	HOKI	SCAT, YMST	PSDN	PSDN	OPEN

1:10-1:50PM Warm ups Competition begins at 2:00PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
GATR	BAC	CYAC	VACS	YGR, STRM	SMAC	SMAC	RSA, CAST, LASO	GATR	GATR	BAC

SATURDAY AFTERNOON WARM UPS 12 & Younger swimmers**1:00PM-1:35PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
LY	BAC	BAC	GATR	SMAC	SMAC, STRM	CYAC	YGR	GATR	GATR	BAC

1:35-2:10PM Warm ups Competition begins at 2:15PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PSDN	PSDN	HOKI	CCA	CCA	YMST, RSA	VACS	CAST, LASO, SCAT	PSDN	PSDN	HOKI

SUNDAY AFTERNOON WARM UPS 12 & Younger swimmers**12:15-12:55pm**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
LY	PSDN	PSDN	SMAC	HOKI	HOKI	CYAC	YGR	SMAC	PSDN	PSDN

12:55-1:35pm Warm ups Competition begins at 1:45PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
BAC	GATR	CCA	CCA	VACS	YMST, STRM	CAST, LASO	RSA, SCAT	GATR	BAC	BAC