

WARM-UP SCHEDULE - FRIDAY, 12/2/2011

SESSION I - SHALLOW END, 3:30pm - 4:00pm

NTRO-ST	Nitro Swimming	Lanes 1 thru 6
NTRO-ST, COSS-LA	Nitro Swimming, City of Sheveport Swim Team	Lane 7
COSS-LA, CSC-OK	City of Shreveport Swim Team, Chesapeake Swim Club	Lane 7
ATAC-NT, CPS-ST	Academy of Texas Aquatic Champions, Cedar Park Swimming	Lane 8

SESSION I - DEEP END, 3:30pm - 4:00pm

DM-NT	Dallas Mustangs	Lanes 1 thru 4
DM-NT, OBU-OK, HEAT-ST, QA-NT	Dallas Mustangs, Oklahoma Baptist University, Heart of Texas Aquatics Team, Quest Aquatics	Lane 5
COR-NT	City of Richardson	Lane 6
COR-NT, DAC-NT	City of Richardson, Denton ISD Aquatics Club	Lane 7
DD-ZZ, SWAT-NT, LSCC-NT	Desert Dragons (Chihuahua), South West Aquatics of Texas, Longview Swim Club	Lane 8

SESSION II - SHALLOW END, 4:00pm - 4:30pm

LAC-NT	Lakeside Aquatic Club	Lanes 1 thru 4
LAC-NT, SRR-NM, WWW-ST	Lakeside Aquatic Club, Swim Rio Rancho, Westwood Country Club	Lane 5
COPS-NT	City of Plano Swimmers	Lanes 6 & 7
COPS-NT, YMCA-WT	City of Plano Swimmers, Abilene YMCA Tidal Wave	Lane 8

SESSION II - DEEP END, 4:00pm - 4:30pm

NTN-NT	North Texas Nadadores	Lanes 1 thru 3
NTN-NT, ESP-NT	North Texas Nadadores, Elite Swim Program	Lane 4
RACE-NT	Rockwall Aquatic Center of Excellence	Lane 5
RACE-NT, ST-OK, NJ-CO	Rockwall Aquatic Center of Excellence, Swim Tulsa, North Jeffco Swim Team	Lane 6
NJ-CO	North Jeffco Swim Team	Lane 7
WETT-BD, CSC-OK	West Texas Typhoons, Chesapeake Swim Club	Lane 8

SESSION III - SHALLOW END, 4:30m - 5:00pm

MTRO-NT	Metroplex Aquatics	Lanes 1 thru 4
MTRO-NT, TRS-NT, EPAP-BD	Metroplex Aquatics, Texas RiverSharks, El Paso Aquaposse	Lane 5
FAST-NT	Fort Worth Area Swim Team	Lane 6
FAST-NT, ROCK-CO, AST-WT	Fort Worth Area Swim Team, Castle Rock Swim Team, Amarillo Swim Team	Lane 7
LSC-WT, COM-WT	Lubbock Swim Club, City of Midland Aquatics	Lane 8

SESSION III - DEEP END, 4:30pm - 5:00pm

FA-NT	Frisco Aquatics	Lanes 1 and 2
FA-NT, MAC-NT	Frisco Aquatics, Mansfield Aquatic Club	Lane 3
MAC-NT	Mansfield Aquatic Club	Lane 4
TXLA-ST	Longhorn Aquatics	Lane 5
TXLA-ST, AQT-XST	Longhorn Aquatics, AquaTex Swim Team	Lane 6
COSS-LA, GOLD-ST	City of Shreveport Swim Team, Texas Gold Swimming	Lane 7
GOLD-ST, MARS-NT	Texas Gold Swimming, Mid-Cities Arlington Swimming	Lane 8

COACHES CONTROL WARM-UPS IN THEIR ASSIGNED LANES

OPEN SESSION - BOTH ENDS, 5:00PM - 5:15PM

OPEN WARM-UP SESSION WILL CONFORM TO "SPECIFIC WARM-UP (LAST 15 MINUTES)"
OUTLINED IN NORTH TEXAS WARM-UP GUIDELINES

WARM-UP SCHEDULE - SATURDAY, 12/3/2011

SESSION I - SHALLOW END, 7:00am - 7:30am

LAC-NT	Lakeside Aquatic Club	Lanes 1 thru 4
LAC-NT, SRR-NM, WWW-ST	Lakeside Aquatic Club, Swim Rio Rancho, Westwood Country Club	Lane 5
COPS-NT	City of Plano Swimmers	Lanes 6 & 7
COPS-NT, YMCA-WT	City of Plano Swimmers, Abilene YMCA Tidal Wave	Lane 8

SESSION I - DEEP END, 7:00am - 7:30am

NTN-NT	North Texas Nadadores	Lanes 1 thru 3
NTN-NT, ESP-NT	North Texas Nadadores, Elite Swim Program	Lane 4
RACE-NT	Rockwall Aquatic Center of Excellence	Lane 5
RACE-NT, ST-OK, NJ-CO	Rockwall Aquatic Center of Excellence, Swim Tulsa, North Jeffco Swim Team	Lane 6
NJ-CO	North Jeffco Swim Team	Lane 7
WETT-BD, CSC-OK	West Texas Typhoons, Chesapeake Swim Club	Lane 8

SESSION II - SHALLOW END, 7:30am - 8:00am

MTRO-NT	Metroplex Aquatics	Lanes 1 thru 4
MTRO-NT, TRS-NT, EPAP-BD	Metroplex Aquatics, Texas RiverSharks, El Paso Aquaposse	Lane 5
FAST-NT	Fort Worth Area Swim Team	Lane 6
FAST-NT, ROCK-CO, AST-WT	Fort Worth Area Swim Team, Castle Rock Swim Team, Amarillo Swim Team	Lane 7
LSC-WT, COM-WT	Lubbock Swim Club, City of Midland Aquatics	Lane 8

SESSION II - DEEP END, 7:30am - 8:00am

FA-NT	Frisco Aquatics	Lanes 1 and 2
FA-NT, MAC-NT	Frisco Aquatics, Mansfield Aquatic Club	Lane 3
MAC-NT	Mansfield Aquatic Club	Lane 4
TXLA-ST	Longhorn Aquatics	Lane 5
TXLA-ST, AQTJ-ST	Longhorn Aquatics, AquaTex Swim Team	Lane 6
COSS-LA, GOLD-ST	City of Shreveport Swim Team, Texas Gold Swimming	Lane 7
GOLD-ST, MARS-NT	Texas Gold Swimming, Mid-Cities Arlington Swimming	Lane 8

SESSION III - SHALLOW END, 8:00am - 8:30am

NTRO-ST	Nitro Swimming	Lanes 1 thru 6
NTRO-ST, COSS-LA	Nitro Swimming, City of Sheveport Swim Team	Lane 7
COSS-LA, CSC-OK	City of Shreveport Swim Team, Chesapeake Swim Club	Lane 7
ATAC-NT, CPS-ST	Academy of Texas Aquatic Champions, Cedar Park Swimming	Lane 8

SESSION III - DEEP END, 8:00am - 8:30am

DM-NT	Dallas Mustangs	Lanes 1 thru 4
DM-NT, OBU-OK, HEAT-ST, QA-NT	Dallas Mustangs, Oklahoma Baptist University, Heart of Texas Aquatics Team, Quest Aquatics	Lane 5
COR-NT	City of Richardson	Lane 6
COR-NT, DAC-NT	City of Richardson, Denton ISD Aquatics Club	Lane 7
DD-ZZ, SWAT-NT, LSCC-NT	Desert Dragons (Chihuahua), South West Aquatics of Texas, Longview Swim Club	Lane 8

COACHES CONTROL WARM-UPS IN THEIR ASSIGNED LANES

OPEN SESSION - BOTH ENDS, 8:30AM - 8:45AM

OPEN WARM-UP SESSION WILL CONFORM TO "SPECIFIC WARM-UP (LAST 15 MINUTES)"
OUTLINED IN NORTH TEXAS WARM-UP GUIDELINES

FINAL SESSION WARM-UPS ARE UNASSIGNED

WARM-UP SCHEDULE - SUNDAY, 12/4/2011

SESSION I - SHALLOW END, 7:00am - 7:30am

MTRO-NT	Metroplex Aquatics	Lanes 1 thru 4
MTRO-NT, TRS-NT, EPAP-BD	Metroplex Aquatics, Texas RiverSharks, El Paso Aquaposse	Lane 5
FAST-NT	Fort Worth Area Swim Team	Lane 6
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