

Warm up time line and lane assignment:

**Session 1:
Saturday Morning**

7:35-8:00 AM
Lane 1: WOR
Lane 2: WOR
Lane 3: WOR
Lane 4: WOR
Lane 5: WOR
Lane 6: WOR

8:00-8:25 AM
Lane 1: WAC
Lane 2: WAC
Lane 3: WAC
Lane 4: WAC
Lane 5: LTPY
Lane 6: LTPY

8:25-8:50 AM
Lane 1: DCST
Lane 2: DCST
Lane 3: DCST
Lane 4: CYRT
Lane 5: LCFY
Lane 6: LCFY

9:00 START

**Session 3:
Sunday Morning**

7:35-8:00 AM
Lane 1: WOR
Lane 2: WOR
Lane 3: WOR
Lane 4: WOR
Lane 5: WOR
Lane 6: WOR

8:00-8:25 AM
Lane 1: DCST
Lane 2: DCST
Lane 3: DCST
Lane 4: DCST
Lane 5: LCFY /CYRT
Lane 6: LCFY

8:25-8:50 AM
Lane 1: WAC
Lane 2: WAC
Lane 3: WAC
Lane 4: WAC
Lane 5: LTPY
Lane 6: LTPY

9:00 START

**Session 5:
Monday Morning**

7:35-8:00 AM
Lane 1: WOR
Lane 2: WOR
Lane 3: WOR
Lane 4: WOR
Lane 5: WOR
Lane 6: WOR

8:00-8:25 AM
Lane 1: WAC
Lane 2: WAC
Lane 3: WAC
Lane 4: WAC
Lane 5: LTPY
Lane 6: LTPY

8:25-8:50 AM
Lane 1: DCST
Lane 2: DCST
Lane 3: DCST
Lane 4: DCST/CYRT
Lane 5: LCFY
Lane 6: LCFY

9:00 START