

**FRIDAY/SATURDAY/SUNDAY AM WARM-UP**

1 <sup>st</sup> Warm-up 7:00-7:30 am		2 <sup>nd</sup> Warm-up 7:30-8:00 am	
Lane 1	NWAA	Lane 1	LRAD
Lane 2	NWAA	Lane 2	LRAD
Lane 3	NWAA	Lane 3	LRAD/SPA
Lane 4	JETS	Lane 4	SPA
Lane 5	HAK/FSTR	Lane 5	BZRK
Lane 6	CASC/DART/BEST/SEAL/UN	Lane 6	HWAG/BZRK
Lane 7	CASC	Lane 7	HWAG
Lane 8	CASC	Lane 8	HWAG

Dive & Pace Warm-up 8:00-8:20 am	
Lane 1	Dives & One-Way Sprints
Lane 2	Dives & One-Way Sprints
Lane 3	Dives & One-Way Sprints
Lane 4	Dives & One-Way Sprints
Lane 5	General Warm-up
Lane 6	General Warm-up
Lane 7	Pace Lane
Lane 8	Pace Lane

**FINALS WARM-UP**

3:40-4:35 pm		4:35-4:50 pm	
Lane 1	General Warm-up	Lane 1	Dives & One-Way Sprints
Lane 2	General Warm-up	Lane 2	Dives & One-Way Sprints
Lane 3	General Warm-up	Lane 3	Dives & One-Way Sprints
Lane 4	General Warm-up	Lane 4	Dives & One-Way Sprints
Lane 5	General Warm-up	Lane 5	General Warm-up
Lane 6	General Warm-up	Lane 6	General Warm-up
Lane 7	General Warm-up	Lane 7	Pace Lane
Lane 8	General Warm-up	Lane 8	Pace Lane

DIVING WELL WILL BE 10&U ONLY DURING FINALS WARM-UP

DIVING WELL WILL BE OPEN FOR WARM-UP/COOLDOWN DURING MEET