

## WARMUP LANE ASSIGNMENTS

Morning Sessions																											
Time	Dive well						Competition Pool																				
	1	2	3	4	5	6	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<b>7:00-7:50</b>	SDA	HHST		LRSA				SYS								SKY			SRQ								
<b>7:50-8:20</b>	SDA	HHST		LRSA			Controlled Warmup								SYS			SKY	SRQ								
<b>8:20-End of Session</b>	<b>Closed</b>						Competition Pool									Warmup / Down											

Afternoon Sessions																											
Time	Dive well						Competition Pool																				
	1	2	3	4	5	6	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<b>12:00-12:40</b>	SRQ							Controlled Warmup								SDA	SKY	LRSA	SYS								
<b>12:40 - End of Session</b>	<b>Closed</b>						Competition Pool									Warmup / Down											

**Notes:**

1. For all sessions, teams may use start blocks in their assigned lanes rather than wait for controlled warmup in the competition pool.
2. For afternoon sessions, there will be a minimum of 40 minute warmup.
3. The warmup plan for finals will be published with the finals heatsheet each afternoon.