

2021 Summer FLAG's – SOUTH Warm-Up Schedule

Thursday 7/15: Timed Finals (Session Start 5:00p)-

LCM Pool:

3:30 – 4:20p Open Warm-Up
4:20 – 4:50p Controlled Warm-Up

SCY Pool

3:30 – 5:00p Open Warm-Up

Friday 7/16 – Sunday 7/18: 11&O Prelims + 10&U Timed Finals (Session Start 9:00a)

LCM Pool:

TIME	Friday	Saturday	Sunday
7:00 – 7:30a	A Group	B Group	A Group
7:30 – 8:00a	B Group	A Group	B Group
8:00 – 8:20a	10&Under Only: Open Warm-Up		
8:20 – 8:50a	Controlled Warm-Up		

** Group/Lane Assignments Below

SCY Pool:

7:00 – 9:00a Open Warm-Up

Friday 7/16 – Sunday 7/18: 11&O Finals (Session Start 5:30p, Sunday 5:00p)

LCM Pool:

4:00 – 4:50p Open Warm-Up
4:50 – 5:20p Controlled Warm-Up

**LCM Pool should be used for Finals swimmers ONLY!

SCY Pool

4:00 – 5:30p Open Warm-Up

**ALL Sunday Finals warm-up times are 30 Minutes Earlier

A GROUP:

LANE	1	2	3	4	5	6	7	8
TEAMS	GCST GTSA	BW CAT	SPA TIDE	SWIM SKY	TYS TCSC	T2 TBAY	SYS	SYS

B GROUP:

LANE	1	2	3	4	5	6	7	8
TEAMS	SRQ	SRQ	PYP	TBAC	TEAM	WFLA BERK	RATS PS	AAC CVST CCS FE LAS NTA SDA TCA WCA