

Meet Warm Up Schedule

Friday, Saturday, Sunday Prelims:

7:00-8:15am - Open

8:15-8:45am - Controlled

- Lanes 0 & 9 Pace
- Lanes 1 & 8 one way sprints

9:00am - Meet Starts

Friday, Saturday, Sunday Finals

4:30-5:15pm - Open

5:15-5:45pm - Controlled

- Lanes 0 & 9 Pace
- Lanes 1 & 8 one way sprints

6:00pm - Meet Starts

