

Meet Warm Up Schedule

Events 1-74

Friday, Saturday, Sunday Prelims:

7:30-8:20am - Open

8:20-8:40am - Controlled

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

8:45am - Meet Starts

Friday, Saturday, Sunday Finals

5:00-5:30pm - Open

5:30-5:50pm - Controlled

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

6:00pm - Meet Starts

