

THURSDAY PM OPEN WARM-UP FORMAT (4:00 – 5:15 PM)

***** ONLY WITH COACH'S SUPERVISION *****

***** 400 FREE SWIMMERS NEED TO PROVIDE THEIR OWN TIMERS *****

FRIDAY AM WARM-UP LANES

***** DIVING WELL OPEN FOR WARM-UP BUT ONLY WITH COACH'S SUPERVISION *****

FRIDAY AM 1ST WARM-UP (8:00 – 8:25 AM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
ESA	ESA MARC	TASC	MAC	MAC	MAC	SHRK	SHRK NOCH

FRIDAY AM 2ND WARM-UP (8:25 – 8:50 AM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
AGS	AGS VSST	SWIM	SWIM RICE	RICE	HYDR	HYDR AQSA	AQSA

FRIDAY AM 3RD WARM-UP (8:50 – 9:15 AM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
AQUA	AQUA CATS	SHAC	SHAC	SSS	SSS WAVE	SPA	SPA LIFE STA

FRIDAY AM TEAM TIMING LANES

***** 400 IM SWIMMERS NEED TO PROVIDE THEIR OWN TIMERS *****

FRIDAY AM TIMING ASSIGNMENTS – DIVE WELL END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	HYDR	RICE	SHAC	MAC	SHRK	AQSA	SWIM	MARC
2	HYDR	RICE	TASC	MAC	SPA	AQSA	SSS	STA

FRIDAY AM TIMING ASSIGNMENTS – LOBBY END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	ESA	AQUA	SHAC	MAC	SHRK	SSS	SWIM	CATS
2	ESA	AQUA	SHAC	MAC	SHRK	SSS	SWIM	LIFE

FRIDAY PM WARM-UP LANES

***** DIVING WELL OPEN FOR WARM-UP BUT ONLY WITH COACH'S SUPERVISION *****

FRIDAY PM 1ST WARM-UP (2:00 – 2:25 PM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SHAC	SHAC LIFE	CATS	ESA	ESA	RICE MARC	AQUA	AQUA SPA

FRIDAY PM 2ND WARM-UP (2:25 – 2:50 PM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
AGS	TASC	TASC SWIM	SSS	SHRK	SHRK AQSA WAVE	HYDR	HYDR MAC

FRIDAY PM TEAM TIMING LANES

FRIDAY PM TIMING ASSIGNMENTS – DIVE WELL END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	CATS	SHRK	AQUA	ESA	SHAC	HYDR	TASC	MAC
2	CATS	LIFE	SWIM	ESA	SPA	AQSA	MARC	MAC

FRIDAY PM TIMING ASSIGNMENTS – LOBBY END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	RICE	SHRK	AQUA	ESA	SHAC	HYDR	TASC	SSS
2	RICE	SHRK	AQUA	ESA	SHAC	HYDR	TASC	SSS

SATURDAY AM WARM-UP LANES

***** DIVING WELL OPEN FOR WARM-UP BUT ONLY WITH COACH'S SUPERVISION *****

SATURDAY AM 1ST WARM-UP (8:00 – 8:25 AM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
AQUA	AQUA CATS	SHAC	SHAC	SSS	SSS WAVE	SPA	SPA LIFE STA

SATURDAY AM 2ND WARM-UP (8:25 – 8:50 AM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
AGS	AGS VSST	SWIM	SWIM RICE	RICE	HYDR	HYDR AQSA	AQSA

SATURDAY AM 3RD WARM-UP (8:50 – 9:15 AM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
ESA	ESA MARC	TASC	MAC	MAC	MAC	SHRK	SHRK NOCH

SATURDAY AM TEAM TIMING LANES

SATURDAY AM TIMING ASSIGNMENTS – DIVE WELL END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	HYDR	RICE	SHAC	MAC	SHRK	AQSA	SWIM	MARC
2	HYDR	RICE	TASC	MAC	SPA	AQSA	SSS	STA

SATURDAY AM TIMING ASSIGNMENTS – LOBBY END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	ESA	AQUA	SHAC	MAC	SHRK	SSS	SWIM	CATS
2	ESA	AQUA	SHAC	MAC	SHRK	SSS	SWIM	LIFE

SATURDAY PM WARM-UP LANES

***** DIVING WELL OPEN FOR WARM-UP BUT ONLY WITH COACH'S SUPERVISION *****

SATURDAY PM 1ST WARM-UP (2:00 – 2:25 PM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
AGS	TASC	TASC SWIM	SSS	SHRK	SHRK AQSA WAVE	HYDR	HYDR MAC

SATURDAY PM 2ND WARM-UP (2:25 – 2:50 PM)

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SHAC	SHAC LIFE	CATS	ESA	ESA	RICE MARC	AQUA	AQUA SPA

SATURDAY PM TEAM TIMING LANES

***** 400 IM SWIMMERS NEED TO PROVIDE THEIR OWN TIMERS *****

SATURDAY PM TIMING ASSIGNMENTS – DIVE WELL END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	CATS	SHRK	AQUA	ESA	SHAC	HYDR	TASC	MAC
2	CATS	LIFE	SWIM	ESA	SPA	AQSA	MARC	MAC

SATURDAY PM TIMING ASSIGNMENTS – LOBBY END

TIMER #	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
1	RICE	SHRK	AQUA	ESA	SHAC	HYDR	TASC	SSS
2	RICE	SHRK	AQUA	ESA	SHAC	HYDR	TASC	SSS

SUNDAY AM OPEN WARM-UP FORMAT (8:00 – 8:45 AM)

***** ONLY WITH COACH'S SUPERVISION *****

***** 800/1500 FREE SWIMMERS NEED TO PROVIDE THEIR OWN TIMERS AND LAP COUNTERS*****