

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

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

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

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**SATURDAY AM WARM-UP LANES**

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

**SATURDAY AM 1<sup>ST</sup> WARM-UP (8:15 – 8:40 AM)**

| LANE 1      | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|-------------|--------|--------|--------|--------|--------|--------|--------|
| CATS<br>USA | KATY   | KATY   | KATY   | KATY   | MAC    | MAC    | MAC    |

**SATURDAY AM 2<sup>ND</sup> WARM-UP (8:40 – 9:05 AM)**

| LANE 1      | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|-------------|--------|--------|--------|--------|--------|--------|--------|
| SPA<br>OSAS | SHAC   | SHAC   | TAMU   | TAMU   | TAMU   | AGS    | AGS    |

**SATURDAY AM 3<sup>RD</sup> WARM-UP (9:05 – 9:30 AM)**

| LANE 1               | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8       |
|----------------------|--------|--------|--------|--------|--------|--------|--------------|
| PLAT<br>CPSC<br>FORT | MARC   | AQSA   | ESA    | ESA    | AQUA   | SWIM   | SWIM<br>RICE |

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**SATURDAY AM TEAM TIMING LANES**

**\*\*\* 800 FREE SWIMMERS NEED TO PROVIDE THEIR OWN TIMERS & LAP COUNTERS\*\*\***

**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       | AQUA   | SWIM   | KATY   | KATY   | MAC    | SHAC   | ESA    | AQSA   |
| 2       | OSAS   | SWIM   | KATY   | KATY   | MAC    | SHAC   | PLAT   | SPA    |

**SATURDAY AM TIMING ASSIGNMENTS – LOBBY END**

| TIMER # | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|---------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1       | AQUA   | SWIM   | KATY   | KATY   | MAC    | SHAC   | ESA    | AQSA   |
| 2       | USA    | MARC   | KATY   | MAC    | MAC    | SHAC   | ESA    | CATS   |

**SATURDAY PM WARM-UP LANES**

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

**SATURDAY PM 1<sup>ST</sup> WARM-UP (2:45 – 3:05 PM)**

| LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|--------|--------|--------|--------|--------|--------|--------|--------|
| KATY   | KATY   | KATY   | KATY   | KATY   | KATY   | AGS    | AGS    |

**SATURDAY PM 2<sup>ND</sup> WARM-UP (3:05 – 3:25 PM)**

| LANE 1                | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|-----------------------|--------|--------|--------|--------|--------|--------|--------|
| UN-FF<br>PLAT<br>FORT | ESA    | ESA    | ESA    | SPA    | AQSA   | CATS   | CATS   |

**SATURDAY PM 3<sup>RD</sup> WARM-UP (3:25 – 3:45 PM)**

| LANE 1       | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|--------------|--------|--------|--------|--------|--------|--------|--------|
| MARC<br>OSAS | AQUA   | MAC    | MAC    | SWIM   | SHAC   | SHAC   | SHAC   |

**SATURDAY PM TEAM TIMING LANES**

**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       | SPA    | MAC           | KATY   | KATY   | KATY   | ESA    | SHAC   | AQUA   |
| 2       | AQSA   | OSAS<br>UN-FF | KATY   | KATY   | CATS   | ESA    | SHAC   | SWIM   |

**SATURDAY PM TIMING ASSIGNMENTS – LOBBY END**

| TIMER # | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|---------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1       | SPA    | MAC    | KATY   | KATY   | CATS   | ESA    | SHAC   | AQUA   |
| 2       | MARC   | MAC    | KATY   | KATY   | CATS   | ESA    | SHAC   | SWIM   |

**SUNDAY AM WARM-UP LANES**

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

**SUNDAY AM 1<sup>ST</sup> WARM-UP (8:15 – 8:40 AM)**

| LANE 1               | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|----------------------|--------|--------|--------|--------|--------|--------|--------|
| PLAT<br>CPSC<br>FORT | MARC   | AQSA   | ESA    | ESA    | AQUA   | AQUA   | SWIM   |

**SUNDAY AM 2<sup>ND</sup> WARM-UP (8:40 – 9:05 AM)**

| LANE 1      | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|-------------|--------|--------|--------|--------|--------|--------|--------|
| SPA<br>OSAS | SHAC   | SHAC   | SHAC   | TAMU   | TAMU   | AGS    | AGS    |

**SUNDAY AM 3<sup>RD</sup> WARM-UP (9:05 – 9:30 AM)**

| LANE 1      | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|-------------|--------|--------|--------|--------|--------|--------|--------|
| CATS<br>USA | KATY   | KATY   | KATY   | KATY   | MAC    | MAC    | MAC    |

**SUNDAY AM TEAM TIMING LANES**

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

**SUNDAY AM TIMING ASSIGNMENTS – DIVE WELL END**

| TIMER # | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|---------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1       | AQUA   | SWIM   | KATY   | KATY   | MAC    | SHAC   | ESA    | AQSA   |
| 2       | OSAS   | MARC   | KATY   | MAC    | MAC    | SHAC   | PLAT   | SPA    |

**SUNDAY AM TIMING ASSIGNMENTS – LOBBY END**

| TIMER # | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|---------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1       | AQUA   | SWIM   | KATY   | KATY   | MAC    | SHAC   | ESA    | AQSA   |
| 2       | USA    | MARC   | KATY   | MAC    | MAC    | SHAC   | ESA    | CATS   |

**SUNDAY PM WARM-UP LANES**

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

**SUNDAY PM 1<sup>ST</sup> WARM-UP (1:45 – 2:05 PM)**

| LANE 1              | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|---------------------|--------|--------|--------|--------|--------|--------|--------|
| MARC<br>OSAS<br>USA | AQUA   | MAC    | MAC    | SWIM   | SHAC   | SHAC   | SHAC   |

**SUNDAY PM 2<sup>ND</sup> WARM-UP (2:05 – 2:25 PM)**

| LANE 1                | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|-----------------------|--------|--------|--------|--------|--------|--------|--------|
| UN-FF<br>PLAT<br>FORT | ESA    | ESA    | ESA    | SPA    | AQSA   | CATS   | CATS   |

**SUNDAY PM 3<sup>RD</sup> WARM-UP (2:25 – 2:45 PM)**

| LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|--------|--------|--------|--------|--------|--------|--------|--------|
| KATY   | KATY   | KATY   | KATY   | KATY   | AGS    | AGS    | AGS    |

**SUNDAY PM TEAM TIMING LANES**

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

**SUNDAY PM TIMING ASSIGNMENTS – DIVE WELL END**

| TIMER # | LANE 1 | LANE 2        | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|---------|--------|---------------|--------|--------|--------|--------|--------|--------|
| 1       | AQSA   | MAC           | KATY   | KATY   | ESA    | ESA    | SHAC   | AQUA   |
| 2       | SPA    | PLAT<br>UN-FF | KATY   | KATY   | CATS   | ESA    | SHAC   | SWIM   |

**SUNDAY PM TIMING ASSIGNMENTS – LOBBY END**

| TIMER # | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 | LANE 7 | LANE 8 |
|---------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1       | AQSA   | MAC    | KATY   | KATY   | CATS   | ESA    | SHAC   | AQUA   |
| 2       | MARC   | MAC    | KATY   | KATY   | CATS   | ESA    | SHAC   | SWIM   |