

# SATURDAY WARM UP

## GENERAL WARM-UP - 8 Lane Pool

2:00pm - 2:25pm

BUFFER	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
DSMY	DMSF	DMSF	DMSF	DMSF	DMSF	DMSF	DMSF	DMSF

## GENERAL WARM-UP - 10 Lane Pool

2:00pm - 2:25pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
NSST	RIP	RIP	RIP	RIP	RIP	RIP	RIP	RIP	RIP

## GENERAL WARM-UP - 8 Lane Pool

2:25pm - 2:50pm

BUFFER	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
CAST	CAST	BLAZE	BLAZE	BLAZE	BLAZE	SCM	MCSC	MCSC

## GENERAL WARM-UP - 10 Lane Pool

2:25pm - 2:50pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
RSC	RSC	RSC	RSC	RSC	RSC	RSC	RSC	SEA	SEA