SUNDAY WARM UP

GENERAL WARM-UP - 8 Lane Pool

8:00am - 8:25am

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

GENERAL WARM-UP - 10 Lane Pool

8:00am - 8:25am

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

GENERAL WARM-UP - 8 Lane Pool

8:25am - 8:50am

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

GENERAL WARM-UP - 10 Lane Pool

8:25am - 8:50am

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