

- Session 1 - 12-12:30 pm - Open swimmer Warm-Ups, One-Way Start lanes 12:20-12:30 pm in lanes 2-3, 8-9.

- Session 2 - 12:30-12:55 pm - 10 & Under swimmer Warm-Ups, One-Way Start lanes 12:45-12:55 pm in lanes 2-3, 8-9.