**FRIDAY Warm-Up Assignments**

**Non Competition side of bulk head open for continuous warm up/warm down during the meet.**

**Competition Pool**

**Friday PM Session**

**(Sprint lanes are one way only-no turnarounds)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **4:30-4:55** | **RAID** | **ROCK** | **GMAC** | **CAC** | **CBAC** | **CBAC** | **ASC** | **OPST** |
| **4:55-5:20** | **Sprint**  **Lane** | **Sprint**  **Lane** | **EST** | **EST** | **EST** | **EST** | **Sprint Lane** | **Sprint**  **Lane** |

**Non Competition Side of Bulk Head**

**Friday PM Session**

**(Lane 1 is closest to the bulk-head)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **4:30-4:55** | **FAST** | **FAST** | **FAST** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** |
| **4:55-5:20** | **Open** | **Open** | **Open** | **Open** | **Open** | **Open** | **Open** | **Open** |