**SUNDAY Warm-Up Assignments**

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

**Competition Pool**

**Sunday AM Session**

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **7:00-7:25** | **ROCK** | **UN-RAID** | **Opst**  **/**  **UN- Sea Snakes** | **CBAC** | **CBAC** | **CBAC** | **CBAC**  **/**  **UN-Laddbush** | **HOCO**  **/**  **NWSC** |
| **7:25-**  **7:50** | **Sprint Lane** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **Sprint Lane** |

**Non Competition Side of Bulk Head**

**Sunday AM Session**

**(Lane 1 is closest to bulkhead)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **7:00-7:25** | **ASC** | **ASC** | **ASC** | **CAC** | **CAC** | **PEAK** | **GMAC** | **GMAC** |
| **7:25-**  **7:50** | **EST** | **EST** | **EST** | **EST** | **EST** | **FAST** | **FAST** | **FAST** |

**Competition Pool**

**Sunday PM Session**

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **12:00-12:25** | **NWSC**  **/**  **OPST** | **CAC** | **HOCO** | **GMAC** | **CBAC** | **CBAC**  **/**  **UN-Laddbush**  **/**  **UN-Scholl**  **/**  **UN-Sheppard** | **PEAK**  **/**  **UN-Sea Snakes** | **PEAK**  **10** |
| **12:25-12:50** | **Sprint Lane** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **Sprint Lane** |

**Non Competition Side of Bulk Head**

**Sunday PM Session**

**(Lane 1 is closest to bulkhead)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **12:00-12:25** | **EST** | **EST** | **EST** | **EST** | **EST** | **ROCK** | **ROCK**  **/**  **UN-RAID** | **OPEN** |
| **12:25-12:50** | **ASC** | **ASC** | **FAST** | **FAST** | **FAST** | **FAST** | **FAST** | **OPEN** |