**FRIDAY Warm-Up Assignments**

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

**200IM/400IM**

**Positive check in by 5:30 PM**

**Competition Pool**

**Friday PM Session**

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **5:00-5:25** | **FAST** | **FAST** | **FAST** | **FAST** | **CBAC** | **CBAC** | **CBAC** | **CBAC** |
| **5:25-5:50** | **Sprint**  **Lane** | **Sprint**  **Lane** | **Open** | **Open** | **Open** | **Open** | **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** |
| **5:00-5:25** | **GMAC** | **BST** | **HOCO**  **/**  **OPST** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** |
| **5:25-5:50** | **Open** | **Open** | **Open** | **Open** | **Open** | **Open** | **Open** | **Open** |

**SATURDAY Warm-Up Assignments**

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

**Competition Pool**

**Saturday AM Session**

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **7:00-7:25** | **CAC** | **CAC** | **PEAK**  **/**  **BST** | **CBAC** | **CBAC** | **CBAC** | **CBAC** | **CBAC** |
| **7:25-**  **7:50** | **Sprint Lane** | **Sprint Lane** | **GMAC** | **GMAC** | **OPST** | **OPST** | **Sprint Lane** | **Sprint Lane** |

**Non Competition Side of Bulk Head**

**Saturday AM Session**

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **7:00-7:25** | **ASTS** | **HOCO** | **HOCO** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** |
| **7:25-**  **7:50** | **OPEN** | **FAST** | **FAST** | **FAST** | **FAST** | **FAST** | **OPEN** | **OPEN** |

**SATURDAY Warm-Up Assignments**

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

**Saturday PM Session (500 FREE)**

**Positive check in by 11:30 PM**

**Competition Pool**

**Saturday PM Session**

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **11:30-11:55** | **Sprint Lane** | **Sprint Lane** | **OPEN** | **OPEN** | **OPEN** | **OPEN** | **Sprint Lane** | **Sprint Lane** |

**Open warmups in the Non Competition Side of Bulk Head prior to the start of the session**

**And**

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

**SATURDAY Warm-Up Assignments**

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

**Competition Pool**

**Saturday Evening Session**

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **3:30-3:55** | **GMAC** | **HOCO**  **/**  **PEAK** | **HOCO** | **CAC**  **/**  **OPST** | **CAC** | **CBAC** | **CBAC** | **CBAC** |
| **3:55-4:20** | **Sprint Lane** | **Sprint Lane** | **FAST** | **FAST** | **FAST** | **FAST** | **Sprint Lane** | **Sprint Lane** |

**Non Competition Side of Bulk Head**

**Saturday PM Session**

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **3:30-3:55** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** |
| **3:55-4:20** | **OPEN** | **OPEN** | **OPEN** | **BST** | **BST** | **ASTS** | **OPEN** | **OPEN** |

**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** | **OPST** | **OPST** | **CBAC** | **CBAC** | **CBAC** | **CBAC** | **HOCO** | **HOCO** |
| **7:25-**  **7:50** | **Sprint Lane** | **Sprint Lane** | **ASTS** | **CAC** | **CAC** | **PEAK** | **Sprint Lane** | **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** | **FAST** | **FAST** | **FAST** | **FAST** | **FAST** | **BST** | **GMAC** | **GMAC** |
| **7:25-**  **7:50** | **OPEN** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **OPEN** | **OPEN** |

**SUNDAY Warm-Up Assignments**

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

**Competition Pool**

**Sunday PM Session**

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **11:00-11:25** | **CAC** | **CAC** | **CBAC** | **CBAC** | **CBAC** | **BST** | **BST**  **/**  **HOCO** | **HOCO** |
| **11:25-11:50** | **Sprint Lane** | **Sprint Lane** | **PEAK** | **OPST** | **GMAC** | **ASTS** | **Sprint Lane** | **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** |
| **11:00-11:25** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **NAAC** |
| **11:25-11:50** | **OPEN** | **OPEN** | **FAST** | **FAST** | **FAST** | **FAST** | **FAST** | **OPEN** |