**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** |
| **4:00- 4:25** | **CBAC** | **CBAC** | **CBAC** | **EST** | **EST** | **EST** | **EST**  | **HOCO** |
| **4:25- 4:05** | **Sprint****Lane** | **CAA** | **CAA** | **CAA** | **CAA** | **ROCK****/****BST****/****ACSS** | **GMAC** **/****CAC** | **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** |
| **4:00- 4:25** | **MAC** | **MAC** | **MAC****/****SPRC** | **NAAC** | **NAAC** | **NAAC** | **ASC** | **ASC** |
| **4:25- 4:50** | **OPEN** | **OPEN** | **OPEN** | **OPEN** | **OPEN** | **OPEN** | **OPEN** | **OPEN** |