**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 2**

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **7:00- 7:25** | **ASC** | **ASC** | **ASC** | **GMAC**  **/**  **BST** | **SPRC** | **ROCK**  **/**  **CAC** | **CBAC** | **CBAC** |
| **7:25-**  **7:50** | **Sprint Lane** | **Sprint Lane** | **NAAC** | **NAAC** | **NAAC** | **NAAC** | **Sprint Lane** | **Sprint Lane** |

**Non Competition Side of Bulk Head**

**Sunday AM Session 2**

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **7:00- 7:25** | **ACSS** | **HOCO** | **CAA** | **CAA** | **CAA** | **CAA** | **CAA** | **CAA** |
| **7:25- 7:50** | **MAC** | **MAC** | **MAC** | **EST** | **EST** | **EST** | **EST** | **EST** |

**Competition Pool**

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

**Sunday PM Session 3**

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **12:30-12:55** | **CBAC** | CBAC | **CAA** | **CAA** | **CAA** | **CAA** | **CAA** | **BST**  **/**  **ROCK** |
| **12:55-1:20** | **Sprint Lane** | **Sprint Lane** | **EST** | **EST** | **EST** | **EST** | **Sprint**  **Lane** | **Sprint Lane** |

**Non Competition Side of Bulk Head**

**Sunday PM Session 3**

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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lane** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **12:30-12:55** | **ACSS** | **CAC** | **CAC** | **ASC** | **ASC** | **ASC** | **GMAC** | **HOCO** |
| **12:55-1:20** | **OPEN** | **SPRC** | **MAC** | **MAC** | **MAC**  **/**  **NAAC** | **NAAC** | **NAAC** | **OPEN** |