

# 2019 Jim Devine Warm up Assignments

## FRIDAY PM DIVING WELL

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00-4:25	CSC	CSC	CSC	CSC	CSC	CSC	CSC	MSA
4:25-4:50	EKC	EKC	EKC	EKC	TST	TST	TST	TST
4:50-5:15	NWAA	NWAA	NWAA	WSC	WSC	WSC	TAC	TAC

## FRIDAY PM WEST POOL

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00-4:25	FAST-OZ	FAST-OZ	FAST-OZ	FAST-OZ	FAST-OZ	FAST-OZ	LA	LA
4:25-4:50	NLU	NLU	SPA	SPA	CNS	CNS	SO	SO
4:50-5:15	SST	SST	ICE	DART	RSCA	NWSC	SEA	MMAC/LOVE
5:15-5:25	ONE WAY SPRINTS							

## FRIDAY PM EAST POOL

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00-4:25	PKWY	PKWY	PKWY	PKWY	PKWY	KCB	KCB	KCB
4:25-4:50	AAAA	AAAA	AAAA/COOL	COOL	COOL	WNYN	WNYN	RA
4:50-5:15	HLA	ANDR	ASA	MEXY	FAST-MW	LSS	OTS	KCSA
5:15-5:25	ONE WAY SPRINTS							

## SATURDAY AND SUNDAY AM WEST POOL

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-7:20	KCB	KCB	KCB	NLU	NLU	MSA	PKWY	PKWY
7:20-7:40	TST	TST	TST	COOL	COOL	LA	HLA	FAST-MW
7:40-8:00	CNS	CNS	SST	WSC	WSC	DART	LSS	ASA

## SATURDAY AND SUNDAY AM EAST POOL

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-7:20	CSC	CSC	CSC	CSC	CSC	RA	OTS	MEXY
7:20-7:40	EKC	EKC	EKC	SPA	AAAA	SO	SO	JCAY/NWSC
7:40-8:00	FAST-OZ	FAST-OZ	FAST	NWAA	NWAA	ANDR	TAC/RSCA	WNYN

## SATURDAY AND SUNDAY PM EAST POOL

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00-12:25	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12:25-12:50	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12:50-1:15	PACE	PACE	1 WAY SPRINT	1 WAY SPRINT	1 WAY SPRINT	1 WAY SPRINT	PACE	PACE

## SATURDAY AND SUNDAY PM WEST POOL

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00-12:25	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12:25-12:50	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12:50-1:15	8 & UNDER SAT	8 & UNDER SAT	8 & UNDER SAT	8 & UNDER SAT	1 WAY SPRINT	1 WAY SPRINT	1 WAY SPRINT	1 WAY SPRINT
	OPEN SUN	OPEN SUN	OPEN SUN	OPEN SUN				

**SATURDAY AND SUNDAY AM & PM SESSIONS DIVING WELL BE OPEN**