

Warm Up Assignments

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1	7:30 to 7:55	JCAY	JCAY	JCAY	JCAY FRAY	WCFY	FAFY
2	7:55 to 8:20	BOOY	BOOY	MEXY	MEXY	SCCY	SCCY
3	8:20 to 8:45	YOCC	YOCC	YOCC	YOCC	YOCC	BWST MAFY
4	8:45 to 9:05	OPY	OPY	TPFY	SEY	SEY	SEY
5	9:05 to 9:25 *	BOOY(3) BWST(2)	SCCY(3) MAFY(2)	JCAY(3)	JCAY(3)	SEY(2) YOCC(2)	MEXY(3)

Warm Up Session #5 is an optional warm up for swimmers 15 and Over ONLY

Timer Assignments

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Timer #1	BOOY	TPFY	OPY	YOCC	SEY	FAFY
Timer #2	MEXY	SCCY	YOCC	YOCC	SEY	WCFY

