Warm Up Schedule - Saturday Morning

Total Swimmers: 190

Per Lane 5.9375

1st Warm-Up	7-7:25AM		
Lane 1	NLU		6
Lane 2	NLU		6
Lane 3	NLU		6
Lane 4	NLU		6
Lane 5	NLU		5
Lane 6	NLU		5
Lane 7	NLU		5
Lane 8	NLU		5
		Total	44
2nd Warm-Up	7:25-7:50AM		
Lane 1	CNS		7
Lane 2	CNS		7
Lane 3	CNS		6
Lane 4	CNS		6
Lane 5	CNS		6
Lane 6	CNS		6
Lane 7	FTLL		6
Lane 8	FTLL		6
		Total	50
3rd Warm-Up	7:50-8:15AM		
Lane 1	TST		6
Lane 2	TST		6
Lane 3	TST		6
Lane 4	TST		6
Lane 5	TST		5
Lane 6	TST		5
Lane 7	LA		5
Lane 8	LA/CAST/BAND		5
		Total	44
4th Warm-Up	8:15-8:40AM		
Lane 1	COOL		6
Lane 2	COOL		6
Lane 3	COOL		6
Lane 4	COOL		6
Lane 5	COOL		7
Lane 6	BWST		7
Lane 7	BWST		7
Lane 8	BWST		7
		Total	52
		Total Warm-Up	190

Warm Up Schedule - Saturday Afternoon

Total Swimmers: 149

Per Lane 6.208333

1st Warm-Up	12:30-12:55PM		
Lane 1	NLU		7
Lane 2	NLU		7
Lane 3	NLU		7
Lane 4	NLU		7
Lane 5	NLU		6
Lane 6	NLU		6
Lane 7	BWST		6
Lane 8	BWST		6
		Total	52
2nd Warm-Up	12:55-1:20PM		
Lane 1	TST		6
Lane 2	TST		6
Lane 3	TST		6
Lane 4	TST		6
Lane 5	TST		6
Lane 6	TST/COOL		6
Lane 7	FTLL		5
Lane 8	FTLL		5
		Total	46
3rd Warm-Up	1:20-1:45PM		
Lane 1	CNS		7
Lane 2	CNS		7
Lane 3	CNS		7
Lane 4	CNS		6
Lane 5	LA		6
Lane 6	LA		6
Lane 7	LA/UN		6
Lane 8	CAST/BAND/KCSA		6
		Total	51
		Total Warm-Up	149

Warm Up Schedule - Sunday Morning

Total Swimmers: 159
Per Lane 4.96875

1st Warm-Up	7-7:25AM		
Lane 1	NLU		6
Lane 2	NLU		5
Lane 3	NLU		5
Lane 4	NLU		5
Lane 5	NLU		5
Lane 6	NLU		5
Lane 7	NLU		5
Lane 8	NLU		5
		Total	41
2nd Warm-Up	7:25-7:50AM		
Lane 1	BWST		4
Lane 2	BWST		5
Lane 3	BWST		5
Lane 4	BWST		5
Lane 5	TST		6
Lane 6	TST		6
Lane 7	TST		6
Lane 8	TST		5
		Total	42
3rd Warm-Up	7:50-8:15AM		
Lane 1	CNS		5
Lane 2	CNS		5
Lane 3	CNS		5
Lane 4	CNS		5
Lane 5	CNS		5
Lane 6	CNS		5
Lane 7	LA		5
Lane 8	LA		5
		Total	40
4th Warm-Up	8:15-8:40AM		
Lane 1	CAST/BAND		4
Lane 2	COOL		5
Lane 3	COOL		4
Lane 4	COOL		4
Lane 5	COOL		4
Lane 6	COOL		4
Lane 7	FTLL		5
Lane 8	FTLL		6
		Total	36
		Total Warm-Up	159

Warm Up Schedule - Sunday Afternoon

Total Swimmers: 149

Per Lane 6.208333

1st Warm-Up	12:30-12:55PM		
Lane 1	NLU		6
Lane 2	NLU		6
Lane 3	NLU		6
Lane 4	NLU		6
Lane 5	NLU		6
Lane 6	NLU		5
Lane 7	NLU		6
Lane 8	NLU/CAST/BAND		6
		Total	47
2nd Warm-Up	12:55-1:20PM		
Lane 1	CNS		7
Lane 2	CNS		7
Lane 3	CNS		6
Lane 4	CNS		6
Lane 5	CNS		6
Lane 6	LA		7
Lane 7	LA		6
Lane 8	COOL/KCSA/UN		5
		Total	50
3rd Warm-Up	1:20-1:45PM		
Lane 1	TST		7
Lane 2	TST		7
Lane 3	TST		7
Lane 4	TST		7
Lane 5	TST		6
Lane 6	FTLL		6
Lane 7	FTLL/BWST		6
Lane 8	BWST		6
		Total	52
		Total Warm-Up	149