Friday afternoon warm ups start 4:30. Two 30 minute sessions. Meet start at 5:30

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Lane 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **4:30** GA | GA | GA | GA | GA | ACE | ACE | LA | LA | LA |
| **5:00** EAC | EAC | EAC | EAC | EAC | BAY, SUMM | DAQ, KSA | SA | SA | MORG,UNAT,CAT,LINS,SHOC |

Saturday morning warm ups start at 7:30. Three 30 minute sessions. Meet starts at 9:00

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **7:30** SA | SA | SA | SA | SA | NJBD,KSA | NJBD,KSA | LA | LA,EAT | LA,LINS |
| **8:00** GA | GA | GA | GA | SUMM | SUMM | SUMM.MORG | TARA,MORG | TARA | BAY,UNAT! |
| **8:30** EAC | EAC | EAC | EAC | EAC | Ace | Ace, shoc | Cad, shoc | Ataq, unat | Daq, unat! |

Saturday afternoon warm ups start approx. 1:55. Two 25 minute sessions. Meet starts at approx. 2:45

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **1:55** GA | GA | GA | GA | GA | DAQ | DAQ | DAQ | LA | LA |
| **2:20** SA | SA | NJBD | SHOC | SUMM | EAC | TARA | CAT,UNAT! | ACE,BAY | MORG,CAD,KSA |

Sunday morning warm ups start at 7:30. Three 30 minute sessions. Meet starts at 9:00

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **7:30** GA | GA | GA | GA | GA | TARA | TARA | LA | LA | LA |
| **8:00** EAC | EAC | EAC | EAC | EAC | EAC | ACE | ACE | CAD | SHOC |
| **8:30** SA | SA | SA | SUMM | SUMM | SUMM | NJBD | DAQ,LINS | BAY,EAT | KSA,MORG,UNAT |

Sunday afternoon warm ups start at approx. 1:55. Two 25 minute sessions. Meet starts at approx. 2:45.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **1:55 S**HOC | SUMM | EAC,CAD | NJBD,KSA | TARA,UNAT | ACE,MORG | CAT,BAY | LA | LA | LA |
| **2:20** GA | GA | GA | GA | SA | SA | SA | DAQ | DAQ | DAQ |

**COACHES MUST SUPERVIZE WARM UPS. SWIMMERS MUST STAY OFF LANE ROPES. ENTER WATER FEET FIRST – NO DIVING EXCEPT ONE WAY COACH DIRECTED.**

**SMALL POOL AVAILABLE FOR WARM UP/WARM DOWN ONLY DURING MEET.**