As far as warmups please remember that we are limited to 13 swimmers per lane and it is your responsibility to keep your swimmers spaced out. We will have two 25/30 minutes sessions of warmup for session 1 and 3 for session 2 and you will be able to use your space as best suits you. Below are the warmup assignments for each session.

**Session 1 (Doors @ 12:15, Warmups - 12:30-1:35, Meet Start @ 1:45)**

12:30-1:00

Lanes 1 & 2 – STAR

Lane 3 – SFSC

Lane 4 – SGSA

Lanes 5-8 – EAC

1:05-1:35

Lane 1 – Open

Lanes 2 & 3 – SAIL

Lane 4 – RSA

Lane 5 – UN

Lanes 6-8 - Open

**Session 2 (Doors @ 4:15, Warmups – 4:30-5:45, Meet Start @ 6:00)**

4:30-4:55 – Enter & Exit @ Dive Well End

Lanes 1-4 – STAR

Lane 5 – CVAC & Xcell

Lanes 6-8 – SFSC

4:55-5:20 – Enter & Exit @ Scoreboard End

Lanes 1 & 2 – SGSA

Lanes 3-8 - EAC

5:20-5:45 – Enter & Exit @ Dive Well End

Lanes 1 & 2 - SAIL

Lanes 3-8 - RSA