**Warm-up Schedule Shark Open 2018**

**Thursday – 12:30 pm 800 Freestyle swimmers only. (no team assignments)**

**Session #1: 6:20-7:00am**

**Session #2: 7:00-7:40am**

**Group A will warm-up Session #1 on Friday/Sunday and Session #2 on Saturday**

**Well 1 2 3 4 5 6**

 **SYS SYS SYS SYS SYS SYS & EGER**

**LC 1 2 3 4 5 6 7 8**

 **NCAC NCAC Sky T2 LAS & BSC HIGH HIGH & CBAC GSC**

**Group B will warm-up Session #2 on Friday/Sunday and Session #1 on Saturday**

**Friday**

**Well 1 2 3 4 5 6**

 **SRQ SRQ SRQ SRQ SRQ BD, DS, MPM**

**LC 1 2 3 4 5 6 7 8**

 **AGUA CAT GPAC & DS GA TBAC TBAC TBAC RAYS**

**Saturday**

**Well 1 2 3 4 5 6**

 **TBAC TBAC TBAC TBAC TBAC TBAC**

**LC 1 2 3 4 5 6 7 8**

 **AGUA CAT & MPM GPAC & DS GA SRQ SRQ SRQ & BD Rays & BSC**

**Sunday**

**Well 1 2 3 4 5 6**

 **CAT CAT AQUA AGUA RAYS RAYS**

**LC 1 2 3 4 5 6 7 8**

 **TBAC TBAC TBAC & MPM GA SRQ SRQ SRQ & BD GPAC & DS**

**Afternoon Session**

45 min warm-up at the completion or the morning session. Please refer to the time line.

Coaches please work together and manage your lane space and time.

**Friday**

**Well 1 2 3 4 5 6**

 **SYS SYS SYS SYS CBAC AGUA**

**LC 1 2 3 4 5 6 7 8**

 **AGUA CAT & NCAC HIGH & GA GSC & RAYS SRQ SRQ TBAC SKY & BD**

**Saturday**

**Well 1 2 3 4 5 6**

 **SYS SYS SYS SYS HIGH AGUA**

**LC 1 2 3 4 5 6 7 8**

 **AGUA CAT & NCAC GA & CBAC GSC & RAYS SRQ SRQ TABC SKY & BD**

**Sunday**

**Well 1 2 3 4 5 6**

 **SYS SYS SYS SYS GSC AGUA**

**LC 1 2 3 4 5 6 7 8**

 **AGUA CAT & NCAC GA & CBAC RAYS & HIGH SRQ SRQ TBAC SKY & BD**