**2022 REGIONAL CHAMPIONSHIPS**

**WARM UP SCHEDULE**

**THURSDAY OPEN MIXED DISTANCE**

**4:30 PM GENERAL WARM UP**

**MEET START 5:05 PM**

**FRIDAY 10 UNDER**

**3:30 PM – 3:50 PM**

**SAIL/TBGT LANE 1**

**LIFE LANES 2-4**

**SSC LANES 5-6**

**3:50 PM – 4:10 PM**

**CCSC LANES 1-2**

**HAY LANES 3-6**

**4:10 PM – 4:30 PM**

**CS LANES 1-3**

**AA LANE 4**

**WW/CCFF LANE 5**

**WTST/ICMS LANE 6**

**MEET START 4:35 PM**

**FRIDAY OPEN MIXED DISTANCE**

**6:15 – 6:45 PM**

**WW/CS LANE 1**

**WTST/LIFE LANE 2**

**AA LANE 3**

**CCSC LANE 4**

**HAY/SCY LANE 5**

**SSC/TBGT/SAIL LANE 6**

**MEET START 6:50 PM**

**SATURDAY 10 UNDER**

**6:30 AM – 6:50 AM**

**HAY LANES 1-4**

**SSC LANE 5**

**SAIL LANE 6**

**6:50 AM – 7:10 AM**

**CS LANES 1-3**

**LIFE LANES 4-6**

**7:10 AM – 7:30 AM**

**CCSC LANES 1-2**

**CCFF LANE 3**

**WW/TBGT LANE 4**

**AA/RIAC LANE 5**

**WTST/DOT/ICMS LANE 6**

**MEET START 7:35 AM**

**SATURDAY 11-12**

**10:00 AM – 10:20 AM**

**CCSC LANES 1-3**

**SSC LANES 4-6**

**10:20 AM – 10:40 AM**

**LIFE LANES 1-2**

**HAY LANES 3-4**

**WW LANES 5-6**

**10:40 AM – 11:00 AM**

**CS/CCFF LANES 1-2**

**WTST LANE 3**

**AA LANE 4**

**RIAC/SAIL LANE 5**

**DOT/TBGT/ICMS LANE 6**

**MEET START 11:05 AM**

**SATURDAY RELAYS**

**1:30 PM – 1:45 PM**

**HAY LANES 1-4**

**CS LANE 5**

**AA LANE 6**

**1:45 PM – 2:00 PM**

**SSC LANES 1-2**

**LIFE LANES 3-5**

**RIAC LANE 6**

**MEET START 2:05 PM**

**SATURDAY 13-18**

**3:15 PM – 3:30 PM**

**ICMS/CS LANE 1**

**TBGT/DOT LANES 2-3**

**CCFF/RIAC LANES 4-5**

**SCY LANE 6**

**3:30 PM – 3:45 PM**

**CCSC LANES 1-3**

**SAIL/SSC LANES 4-6**

**3:45 PM – 4:00 PM**

**WW LANES 1-3**

**WTST LANES 4-5**

**LIFE LANE 6**

**4:00 PM – 4:15 PM**

**HAY LANES 1-3**

**AA LANES 4-6**

**MEET START 4:20 PM**

**SUNDAY 11-12**

**6:30 AM – 6:50 AM**

**SSC LANES 1-2**

**WTST LANE 3**

**CS LANES 4-5**

**WW LANE 6**

**6:50 AM – 7:10 AM**

**CCSC LANES 1-3**

**LIFE LANE 4**

**TBGT/CCFF LANES 5-6**

**7:10 AM – 7:30 AM**

**HAY/SAIL LANES 1-3**

**DOT/RIAC LANE 4**

**ICMS/AA LANES 5-6**

**MEET START 7:35 AM**

**SUNDAY RELAYS**

**10:00 AM – 10:15 AM**

**HAY LANES 1-4**

**LIFE/CS LANES 5-6**

**10:15 AM – 10:30 AM**

**SSC LANES 1-4**

**AA LANE 5**

**RIAC LANE 6**

**MEET START 10:35 AM**

**SUNDAY 13-18**

**12:00 PM – 12:15 PM**

**RIAC LANE 1**

**SCY LANE 2**

**CCFF LANE 3**

**ICMS/CS LANE 4**

**AA/DOT LANE 5-6**

**12:15 PM – 12:30 PM**

**WW LANES 1-3**

**CCSC LANES 4-6**

**12:30 PM – 12:45 PM**

**HAY/TBGT LANES 1-4**

**SSC LANES 5-6**

**12:45 PM – 1:00 PM**

**WTST LANES 1-3**

**LIFE/SAIL LANES 4-6**

**MEET START 1:05 PM**

**SUNDAY OPEN MIXED DISTANCE**

**\*\*\*\*SESSION CHANGED\*\*\*\***

**FROM SATURDAY NIGHT TO SUNDAY NIGHT**

**(WITH NES APPROVAL)**

**5:30 PM – 6:00 PM**

**GENERAL WARM UP**

**6:05 PM START**