|  |  |  |  |
| --- | --- | --- | --- |
|  | **Saturday 12-7-19** | **OFFICE END POOL** |  |
| **LANE** | **700-730** | **730-800** | **800-830** | **830-850** |
| 1 | RACE | METRO | LAC | PUSH/PACE |
| 2 | RACE | METRO | LAC | ONE WAY SPRINT |
| 3 | RACE | METRO | LAC | ONE WAY SPRINT |
| 4 | RACE | METRO | LAC | ONE WAY SPRINT |
| 5 | RACE | METRO | LAC | ONE WAY SPRINT |
| 6 | COR | HAK/AESC/LIFETIME | LAC | ONE WAY SPRINT |
| 7 | COR | MAC | MARS/ATAC | OPEN |
| 8 | STAR/TRAC | MAC | LUBBOCK | PUSH PACE |
|  |  |  |  |  |
| **WARM UP POOL** | **10 UNDERS FROM** | **10 UNDERS FROM** | **10 UNDERS FROM** |  |
|  | 700-730 | 730-800 | 800-830 |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  | **Saturday 12-7-19** | **Diving Board End** |  |
| **LANE** | **700-730** | **730-800** | **800-830** | **830-850** |
| 1 | DM | NITRO | NTN | PUSH PACE |
| 2 | DM | NITRO | NTN | ONE WAY SPRINT |
| 3 | DM | NITRO | NTN | ONE WAY SPRINT |
| 4 | DM | NITRO | NTN | ONE WAY SPRINT |
| 5 | TFA | NITRO | JENKS/ESP | ONE WAY SPRINT |
| 6 | TFA | NITRO | LRAD | ONE WAY SPRINT |
| 7 | TFA | KMS | COPS | OPEN |
| 8 | TFA | CSC/GOLD | COPS/FAST | PUSH PACE |

|  |  |  |  |
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|  | **Sunday 12-8-19** | **OFFICE END POOL** |  |
| **LANE** | **700-730** | **730-800** | **800-830** | **830-850** |
| 1 | LAC | RACE | METRO | PUSH/PACE |
| 2 | LAC | RACE | METRO | ONE WAY SPRINT |
| 3 | LAC | RACE | METRO | ONE WAY SPRINT |
| 4 | LAC | RACE | METRO | ONE WAY SPRINT |
| 5 | LAC | RACE | METRO | ONE WAY SPRINT |
| 6 | LAC | COR | HAK/AESC/LIFETIME | ONE WAY SPRINT |
| 7 | MARS/ATAC | COR | MAC | OPEN |
| 8 | LUBBOCK | STAR/TRAC | MAC | PUSH PACE |
|  |  |  |  |  |
| **WARM UP POOL** | **10 UNDERS FROM 1ST WARM UP** | **10 UNDERS FROM 2ND WARM UP** | **10 AND UNDERS FROM 3RD WARM UP** |  |
|  | 700-730 | 730-800 | 800-830 |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  | **Sunday 12-8-19** | **Diving Board End** |  |
| **LANE** | **700-730** | **730-800** | **800-830** | **830-850** |
| 1 | NTN | DM | NITRO | PUSH PACE |
| 2 | NTN | DM | NITRO | ONE WAY SPRINT |
| 3 | NTN | DM | NITRO | ONE WAY SPRINT |
| 4 | NTN | DM | NITRO | ONE WAY SPRINT |
| 5 | JENKS/ESP | TFA | NITRO | ONE WAY SPRINT |
| 6 | LRAD | TFA | NITRO | ONE WAY SPRINT |
| 7 | COPS | TFA | KMS | OPEN |
| 8 | COPS/FAST | TFA | CSC/GOLD | PUSH PACE |