

Sunday 12-4-22 Warm Up Schedule

		SHALLOW POOL			
	7-730 (Teams in this warm	730-8	8-830		830AM - 1:00PM
LANE 1 (steps)	10 and under	10 AND UNDER	10 AND UNDER		General WU/WD
Lane 2	10 AND UNDER	10 AND UNDER	10 AND UNDER		General WU/WD
Lane 3	10 AND UNDER	10 AND UNDER	10 AND UNDER		General WU/WD
Lane 4	10 AND UNDER	10 AND UNDER	10 AND UNDER		General WU/WD
Lane 5	10 AND UNDER	10 AND UNDER	10 AND UNDER		CLOSED

		Shallow Pool End)			
LANE	700-725	730-755	800-825	830-850	
1	NWAA	TFA	MAC		PUSH/PACE
2	NWAA	TFA	MAC		ONE WAY SPRINT
3	NWAA	TFA	MAC		ONE WAY SPRINT
4	LIFETIME	BAC/YNWL	METRO		ONE WAY SPRINT
5	LIFETIME	BAC/YNWL	METRO		ONE WAY SPRINT
6	LIFETIME	LUBBOCK	METRO		ONE WAY SPRINT
7	Lubbock	LUBBOCK	METRO		ONE WAY SPRINT
8	Lubbock/LRAD	NTN/KMS/ATAC	METRO		PUSH PACE

		North Pool Bulk Head			
LANE	700-725	730-755	800-825	830-850	
1	LAC	COPS	NITRO		PUSH PACE
2	LAC	COPS	NITRO		ONE WAY SPRINT
3	LAC	COPS	NITRO		ONE WAY SPRINT
4	LAC	TRAC	NITRO		ONE WAY SPRINT
5	LAC	TRAC	NITRO		ONE WAY SPRINT
6	LAC	COM	NITRO		ONE WAY SPRINT
7	LAC	CLAC	NITRO		ONE WAY SPRINT
8	LAC	CLAC/ Texas Gold	NITRO		PUSH PACE

DIVING WELL Sunday 12-5-22

	700-725	730-755	800-825	830 -1:00
1 (diving boards)	RACE	Jenks	IRON	OPEN
2	RACE	CSC / STAR	IRON	OPEN
3	RACE	DM	IRON	OPEN
4	LAC	DM	COR	OPEN
5	LAC	DM	COR	OPEN
6	LAC	DM	COR	OPEN
7	TXLA			
	LANE 6 IS TWO LANES WE DON'T HAVE A SPORT TO HOOK UP LANE LINE BETWEEN			

LANE 1 WILL BE CLOSEST TO THE DIVING BOARDS
THERE IS A 1/2 LANE BY THE BULKHEAD THAT IS CLOSED THE ENTIRE MEET