

Saturday 12-3-22 Warm Up

		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

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

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

	DIVING WELL			
	700-725	730-755	800-825	830 -1:00
1 (diving boards)	Jenks	IRON	RACE	OPEN
2	CSC / STAR	IRON	RACE	OPEN
3	DM	IRON	RACE	OPEN
4	DM	COR	LAC	OPEN
5	DM	COR	LAC	OPEN
6	DM	COR	LAC	OPEN
7	LANE 6 IS TWO LANES TXLA			

LANE 1 WILL BE