**Cherry Blossom Championships**

**Friday Warmups**

**Friday Night**

OPEN Warm-ups

Timer Requirement: ALL Swimmers MUST provide their OWN Timer for ALL events

**Cherry Blossom Championships**

**Saturday**

**13 & Over Warmup Assignments**

**Warmup Session 1**

**6:30-6:55 a.m.**

PAC Lanes 1-5 Timer Requirement: 3

TIBU Lanes 6-9 Timer Requirement: 2

DCPR Lanes 10-11 Timer Requirement: 2

YASD Lane 12 Timer Requirement: 1

**Warmup Session 2**

**6:55-7:20 a.m.**

HEAL Lane 1 Timer Requirement: 0

LIFE Lanes 1-2 Timer Requirement: 1

YSS Lane 3 Timer Requirement: 0

NCAP Lanes 3-5 Timer Requirement: 2

NCAP-North Lanes 6-8 Timer Requirement: 2

UN Lane 8 Timer Requirement: 0

ASA Lanes 9-12 Timer Requirement: 3

Lanes 1-8 (Competition Pool)

Lanes 9-12 (Middle Pool)

Lanes 13-18 (Moveable Floor Pool – Open Lanes)

**Cherry Blossom Championships**

**Saturday**

**12 & Under Warmup Assignments**

**Warmup Session 1**

**10:30-10:55 a.m.**

YASD Lanes 1-3 Timer Requirement: 2

DCPR Lanes 4-6 Timer Requirement: 2

TIBU Lanes 6-7 Timer Requirement: 1

VLAC Lane 8 Timer Requirement: 1

PAC Lanes 9-11 Timer Requirement: 2

HEAL Lane 12 Timer Requirement: 0

NCAP-North Lane 12 Timer Requirement: 0

**Warmup Session 2**

**10:55-11:20 a.m.**

ASA Lanes 1-7 Timer Requirement: 5

UN Lane 7 Timer Requirement: 0

LIFE Lanes 8-11 Timer Requirement: 3

NCAP/YSS Lane 12 Timer Requirement: 0

Lanes 1-8 (Competition Pool)

Lanes 9-12 (Middle Pool)

Lanes 13-18 (Moveable Floor Pool – Open Lanes)

**Cherry Blossom Championships**

**Sunday**

**13 & Over Warmup Assignments**

**Warmup Session 1**

**6:30-6:55 a.m.**

ASA Lanes 1-4 Timer Requirement: 3

LIFE Lanes 5-6 Timer Requirement: 1

NCAP Lanes 7-9 Timer Requirement: 2

NCAP-North Lanes 10-11 Timer Requirement: 1

HEAL Lane 12 Timer Requirement: 0

UN/YSS Lane 12 Timer Requirement: 0

**Warmup Session 2**

**6:55-7:20 a.m.**

DCPR Lanes 1-3 Timer Requirement: 2

YASD Lane 4 Timer Requirement: 1

TIBU Lanes 5-8 Timer Requirement: 3

PAC Lanes 9-12 Timer Requirement: 3

Lanes 1-8 (Competition Pool)

Lanes 9-12 (Middle Pool)

Lanes 13-18 (Moveable Floor Pool – Open Lanes)

**Cherry Blossom Championships**

**Sunday**

**12 & Under Warmup Assignments**

**Warmup Session 1**

**10:30-10:55 a.m.**

LIFE Lanes 1-3 Timer Requirement: 2

ASA Lanes 4-10 Timer Requirement: 5

TIBU Lanes 11-12 Timer Requirement: 1

UN Lane 12 Timer Requirement: 0

**Warmup Session 2**

**10:55-11:20 a.m.**

YSS Lane 1 Timer Requirement: 1

VLAC Lanes 1-2 Timer Requirement: 1

PAC Lanes 3-5 Timer Requirement: 2

NCAP/HEAL Lane 6 Timer Requirement: 0

DCPR Lanes 7-9 Timer Requirement: 2

NCAP-North Lane 9 Timer Requirement: 0

YASD Lanes 10-12 Timer Requirement: 2

Lanes 1-8 (Competition Pool)

Lanes 9-12 (Middle Pool)

Lanes 13-18 (Moveable Floor Pool – Open Lanes)