





Friday Distance - Warm Up 1

4:00-4:40 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6				
General Warmup: NO ONE WAY SPRINTS									

Friday Distance - Warm Up 2

4:40-4:50 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	General Warm Up			One Way Sprints	
Pool Clears at 4:50 PM			Me	eet starts at 5:00 I	PM





Warm Up Assignments

Saturday 13&Over - Warm Up 1

7:00-7:25 AM

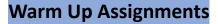
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ABF	ABF	ABF	ABF	ABF	YMNT
					BGSC

Saturday 13&Over - Warm Up 2

7:26-7:51 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6		
ATST	ATST	ATST	ATST	CLIP	EDGE		
	CCFF						
	CCFF			UN			
Po	Pool Clears at 7:51 AM			eet Starts at 8:00 A	AM		







Saturday Distance - Warm Up

11:15-11:40 AM

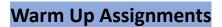
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
		General Warm Up			One Way Sprints
Pool Clears at 11:40 AM			Me	et Starts at 11:45	AM

Saturday Time Trials

The pool will open for 10 minutes immediately after the 800 Free.

Time Trials will be capped at 20 minutes.







Saturday 12&Under - Warm Up 1

1:35-2:00 PM

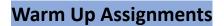
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CRA	CRA	ABF	ABF	KASC	CCFF
			YMNT	MGCB	EDGE
					BGSC

Saturday 12&Under - Warm Up 2

2:01-2:26 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	ATST	CLIP
		CLIP			







Sunday 13&Over - Warm Up 1

7:00-7:25 AM

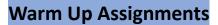
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	EDGE	CLIP
				MGCB	CCFF

Sunday 13&Over - Warm Up 2

7:26-7:51 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ABF	ABF	ABF	ABF	ABF	YMNT
	BGSC				
					UN
Po	Pool Clears at 7:51 AM			eet Starts at 8:00 /	AM







Sunday Distance - Warm Up

11:20-11:45 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
		General Warm Up			One Way Sprints
Pool Clears at 11:45 AM			Me	et Starts at 11:50	AM







Warm Up Assignments

Sunday 12&Under - Warm Up 1

1:30-1:55 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
ATST	ATST	ATST	ATST	ATST	ATST
				CRA	KASC

Sunday 12&Under - Warm Up 2

1:56-2:21 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
CLIP	CLIP	MGCB	CCFF	ABF	ABF
		BGSC	EDGE	YMNT	
Po	Pool Clears at 2:21 PM		Meet Starts at 2:30 PM		