

Warm Up Schedule

Starts are to be done within a team's warm up time in their warm up lane(s)

Friday - All Swimmers								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00 - 4:40 PM	OPEN							
4:40 - 4:55 PM	PACE LANE	STARTS						PACE LANE

Saturday AM - 13 & Over								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30 - 7:55 AM	CARY FSY WSY	SHIP	EMAC	EMAC PSC	NLAC HAC	HAC	BSAC CYA EAC GETY	SCAY SGSC SVAC UN
8:00 - 8:25 AM	UMLY	UMLY	B1ST	PAY	CBST	BYNS	DMAC	BDA WASC WEST

Saturday - Distance								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:30 - 1:55 PM	OPEN							

Saturday PM - 12 & Under								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
3:30 - 3:55 PM	CARY FSY SHIP	EMAC	EMAC	PSC	PSC NLAC	HAC	CYA EAC GETY	SCAY SGSC SVAC UN
4:00 - 4:25 PM	UMLY	UMLY	UMLY	BSAC BYNS PAY	PAY	CBST	BYNS DMAC	BDA WASC WAY WEST

Sunday AM - 13 & Over								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30 - 7:55 AM	CARY FSY SHIP	EMAC	EMAC	PSC	PSC NLAC	HAC	CYA EAC GETY	SCAY SGSC SVAC UN
8:00 - 8:25 AM	UMLY	UMLY	UMLY	BSAC BYNS PAY	PAY	CBST	BYNS DMAC	BDA WASC WAY WEST

Sunday PM - 12 & Under								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:30 - 1:55 PM	CARY FSY	SHIP	EMAC	EMAC PSC	NLAC HAC	HAC	BSAC CYA EAC GETY	SCAY SGSC SVAC UN
2:00 - 2:25 PM	UMLY	UMLY	B1ST	PAY	CBST	BYNS	DMAC	BDA WASC WEST