

Warm Up Schedule

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

Friday - All Swimmers (Start at 5 PM)									
	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 (Start at 8:30 AM)								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30 - 7:55 AM	B1ST BDA CAP EAC	CVAC SVAC	BHA SCAY	YCM	YCM	PSC	PSC	CARY NPAC WSY UN
8:00 - 8:25 AM	HHAA PAAC	STOIC	UPY	CAA	CAA	UDAC	UDAC SOUD	LANY LAC

Saturday - Distance (Start at 2 PM)								
	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 (Start at 4:30 PM)								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
3:30 - 3:55 PM	CAP LANY UN	LAC	CVAC	YCM	HHAA	UPY	SCAY	CARY CRSC
4:00 - 4:25 PM	JDEL SOUD	STOIC	B1ST	PAAC	SVAC	UDAC	CAA	BDA PSC

Sunday AM - 13 & Over (Start at 8:30 AM)								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30 - 7:55 AM	B1ST BDA CAP SVAC	CVAC	BHA SCAY	YCM	YCM	FSY MSC	LAC	BSAC CARY UN WSY
8:00 - 8:25 AM	HHAA PAAC SOUD	LANY STOIC	SKYBY UPY	CAA	CAA	PSC	UDAC	UDAC

Sunday PM - 12 & Under (Start at 2:30 PM)								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:30 - 1:55 PM	CAP FSY LANY UN	LAC	CVAC	YCM	YCM	UPY	SCAY SKYBF	CARY DST ROSE
2:00 - 2:25 PM	BSAC JDEL MSC SOUD	HHAA STOIC	B1ST	PAAC WSY	SVAC	UDAC	BHA CAA	BDA PSC