

Warm Up Schedule

Thursday - All Swimmers (Start at 5:30 PM)								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:30 - 5:10 PM	OPEN							
5:10 - 5:25 PM	STARTS							

Prelim AM - 13 - 14 and 15 & over session (Starts at 9:00 AM)								
Starts are within your schedule Warm Up session								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00 - 8:25 AM	CAP CC EAC	HAC	LAC	NLAC	NLAC	EMAC	EMAC	CARY UN
8:30 - 8:55 AM	MSC TRA SHIP	PAAC	BLUE	STOIC	DMAC	DMAC	SCAY SVAC	PSC WASC WAY

Prelim PM - 11-12 and 10 & under sessions (Starts at 1:00 PM)								
Starts are within your schedule Warm Up session								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00 - 12:25 PM	CAP CC EAC	HAC	LAC	NLAC	NLAC	EMAC	EMAC	CARY UN
12:30 - 12:55 PM	MSC TRA SHIP	PAAC	BLUE	STOIC	DMAC	DMAC	SCAY SVAC	PSC WASC WAY

FINALS (Start at 5:30 PM)								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:30 - 5:15 PM	OPEN							
5:15 - 5:25 PM	STARTS							