CARY SHARKS

Warm Up Schedule

Scratch sheets are due in the Control Room 40 minutes prior to the start of the session

Friday: Distance (Start at 6 PM)						
Doors open at 4:30 PM						
	Lane 1	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**
5:00 - 5:45 PM	OPEN					
5:45 - 5:55 PM	STARTS					

AM Session: 13-14 and 15 & over age groups (Start at 9 AM)						
Doors open at 7:30 AM						
	Lane 1	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**
8:00 - 8:45 AM	OPEN					
8:45 - 8:55 AM	STARTS					

PM Session: 9-10 and 11-12 age groups (Start at 2:15 PM)						
Doors open at 12:45 PM						
	Lane 1	**Lane 2**	**Lane 3**	**Lane 4**	**Lane 5**	**Lane 6**
1:15 - 2:00 PM	OPEN					
2:00 - 2:10 PM	STARTS					

Updated: 11/2/2026