

# Friday Morning Warm-ups

**7:00am – 7:25am**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PSDN	PSDN	RAYS	RAYS	QDD	QDD	SQST	WAC

**7:25am – 7:55am**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SEVA	ODAC	VSTP	BASS	VAST	TAC	OBX	PWSC
		TSU	RACE	QS	BAC	FAST	WST

# Friday Afternoon Warm-ups

**1:00pm – 1:25pm**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
QDD	QDD	PSDN	PSDN	WAC	SQST	BAC	RAYS
TAC	QS	ODAC	VAST		PWSC	BASS	WST
FAST	OBX					SEVA	

# Saturday Morning Warm-ups

**7:00am – 7:25am**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SEVA	BAC	VAST	OBX	QS	TAC	VSTP	WST
		TSU	RACE	PWSC	FAST	BASS	

**7:25am – 7:55am**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PSDN	PSDN	RAYS	RAYS	SQST	WAC	QDD	ODAC

# Saturday Afternoon Warm-ups

**1:00pm – 1:25pm**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PSDN	PSDN	SQST	QDD	WAC	RAYS	BASS	ODAC
SEVA	VAST		TAC	PWSC	QS	WST	BAC
FAST	OBX						

# Sunday Morning Warm-ups

**7:00am – 7:25am**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PSDN	PSDN	RAYS	RAYS	QDD	QDD	SQST	WAC

**7:25am – 7:55am**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SEVA	ODAC	VSTP	BASS	VAST	TAC	OBX	PWSC
		TSU	RACE	QS	BAC	FAST	WST

# Sunday Afternoon Warm-ups

**1:00pm – 1:25pm**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
QDD	QDD	PSDN	PSDN	WAC	SQST	BAC	RAYS
TAC	QS	ODAC	VAST		PWSC	BASS	WST
FAST	OBX					SEVA	