

Warmup Assignments

Friday Morning

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane A	Lane B	Lane C
7:00 - 7:25	QDD	QDD	QDD	QDD	QDD	PWSC	PWSC	TSU	QS	QS	QDD	QDD	QDD
7:25 - 7:50	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	WST	WST	VSTP/WSC	NOVA	NOVA	NOVA
7:50 - 8:15	RAYS	RAYS	RAYS	BASS	BASS/FAST	FAST	SQST	SQST	SQST	VAST	RAYS	SQST	SQST

Friday Afternoon

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane A	Lane B	Lane C
12:00 - 12:25	QDD	QDD	QDD	QDD	QS	QS	QS	RAYS	RAYS	RAYS	QDD	QDD	RAYS
12:25 - 12:50	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	VAST	WST	TSU	NOVA	NOVA	NOVA
12:50 - 1:15	SQST	SQST	VSTP	WSC	FAST	FAST	PWSC	PWSC	BASS	BASS	SQST	SQST	

Saturday Morning

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane A	Lane B	Lane C
7:00 - 7:25	QDD	QDD	QDD	QDD	QDD	QDD	QS	QS	QS	TSU	QDD	QDD	QDD
7:25 - 7:50	NOVA	NOVA	NOVA	NOVA	NOVA	BASS	BASS	VAST	PWSC	PWSC	NOVA	NOVA	NOVA
7:50 - 8:15	RAYS	RAYS	WST	WST	VSTP/WSC	SQST	SQST	SQST	FAST	FAST	RAYS	RAYS	SQST

Saturday Afternoon

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane A	Lane B	Lane C
12:30 - 12:55	QDD	QDD	QDD	QDD	VAST	WST	VSTP	QS	QS	QS	QDD	QDD	QDD
12:55 - 1:20	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	FAST	FAST	TSU	NOVA	NOVA	NOVA
1:20 - 1:45	RAYS	RAYS	RAYS	BASS	BASS	WSC	SQST	SQST	PWSC	PWSC	RAYS	SQST	SQST

Sunday Morning

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane A	Lane B	Lane C
7:00 - 7:25	QDD	QDD	QDD	QDD	QDD	PWSC	PWSC	VAST	BASS	BASS	QDD	QDD	QDD
7:25 - 7:50	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	FAST	FAST	WSC	WST	NOVA	NOVA	NOVA
7:50 - 8:15	RAYS	RAYS	QS	QS	QS	SQST	SQST	SQST	SQST	TSU	RAYS	RAYS	SQST

Sunday Afternoon

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane A	Lane B	Lane C
12:00 - 12:25	QDD	QDD	QDD	QDD	BASS	BASS	VAST	QS	QS	QS	QDD	QDD	QDD
12:25 - 12:50	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	FAST	FAST	WST	NOVA	NOVA	NOVA
12:50 - 1:15	RAYS	RAYS	RAYS	PWSC	PWSC	WSC	SQST	SQST	VSTP	TSU	RAYS	SQST	SQST