

Lanes are yours. One way starts when you are ready. If you are sharing a lane with another team, please work with them to ensure all swimmers get adequate warm up. The 3 lane family pool will be available for continuous warm up and warm down throughout the meet.

WARM UP LANES FRIDAY MORNING 6:30-7:10AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PSDN	PSDN	PSDN	BAC	BAC	BAC	BAC	HOKI CVA	LY	PSDN	PSDN

7:10AM-7:50 WARM UP Competition begins at 8:00AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
CYAC DC	RACE SMAC	CCA	CCA VACS	VACS	YGR	GATR	GATR	GATR	YGR	YGR

SATURDAY MORNING 6:30-7:10AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
GATR	GATR	CCA	CCA CYAC LASO	VACS	VACS SMAC	DC CAST	YGR	YGR	LY GATR	LY

7:10AM-7:50AM Competition begins at 8:00AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PSDN	PSDN	PSDN ACST	BAC	BAC	BAC RACE	FUAC CVA	HOKI	PSDN	PSDN	BAC

WARM UP LANES SUNDAY MORNING 6:30AM-7:10AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PSDN	PSDN	PSDN LASO	BAC	BAC CAST	RACE DC	LY	LY SMAC CYAC	PSDN	BAC	BAC

7:10AM-7:50AM Competition starts at 8:00AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
GATR	HOKI	HOKI CVA ACST	CCA	CCA VACS	VACS	FUAC	YGR	YGR	GATR	GATR

FRIDAY AFTERNOON WARM UPS**12 & Younger swimmers****12:30-1:00PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
GATR	GATR	GATR FUAC	BAC	BAC	BAC	HOKI	HOKI CVA	LY CAST	LY	GATR

1:00-1:30PM Warm ups Competition begins at 1:40PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PSDN SCAT	CCA	YGR	YGR CYAC	RACE	RACE LASO	SMAC DC	VACS	PSDN	PSDN	CCA

SATURDAY AFTERNOON WARM UPS 12 & Younger swimmers**12:45-1:15PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
BAC	BAC	YGR	RACE	SMAC VACS	SMAC	HOKI	HOKI CVA	LY	LY	BAC

1:15-1:45PM Warm ups Competition begins at 1:50PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
GATR	GATR FUAC	PSDN	PSDN	CYAC	CCA SCAT	CCA	DC LASO CAST	GATR	GATR	PSDN

SUNDAY AFTERNOON WARM UPS 12 & Younger swimmers**12:45-1:15PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
GATR	GATR	CCA	CCA CYAC	HOKI	HOKI CVA	VACS SCAT	SMAC	LY	LY	GATR

1:15-1:45PM Warm ups Competition begins at 1:50PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
BAC	BAC	RACE	RACE FUAC	YGR	LASO CAST DC	PSDN	PSDN	PSDN	BAC	BAC