

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 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	PSDN	FUAC CAST	VACS	RACE DC	YGR	LY	PSDN	YGR

7:10AM-7:50 WARM UP

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
QSTS	QSTS	QSTS	CCA SCAT	HOKI	HOKI CYAC	SMAC SVFY	GATR	GATR	CCA	QSTS

FRIDAY FINALS WARM UP WILL BEGIN AT 5:00PM with competition beginning at 6:00PM

SATURDAY MORNING 6:20-6:50AM 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
FUAC	RACE	CYAC SCAT	DC	CCA	CCA	SMAC	HOKI	HOKI	LY	LY

6:50AM-7:20AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
QSTS	QSTS	QSTS	GATR	GATR	GATR	VACS	VACS CAST	QSTS	QSTS	QSTS

7:20AM-7:50AM

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	PSDN	PSDN	YGR	YGR	YGR SVFY	PSDN	PSDN	PSDN

SATURDAY FINALS WARM UP WILL BEGIN AT 5:30PM with competition beginning at 6:30PM

SUNDAY MORNING**6:20-6:50AM****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
YGR	YGR	SCAT DC	VACS	VACS	FUAC	CYAC	RACE	LY	LY	YGR

6:50AM-7:20AM

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	PSDN	HOKI	HOKI	CCA	CCA	PSDN	PSDN	PSDN

7:20AM-7:50AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
QSTS	QSTS	QSTS	GATR	GATR	GATR	CAST SVFY	SMAC	QSTS	QSTS	GATR

SUNDAY FINALS WARM UP WILL BEGIN AT 5PM with competition beginning at 6PM

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
QSTS	QSTS	QSTS	HOKI CAST	HOKI	YGR SCAT	YGR	FUAC ACST	LY	LY	QSTS

1:30-2:00PM Warm ups Competition begins at 2:10PM

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

SATURDAY AFTERNOON WARM UPS 12 & Younger swimmers**1:30PM-2:00PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
LY ACST	CCA LASO	HOKI	HOKI CAST	SMAC DC	SMAC	VACS	PSDN	LY	CCA	PSDN

2-2:30PM Warm ups Competition begins at 2:40PM

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	CYAC	CYAC SCAT	RACE	YGR	QSTS STRM	QSTS	GATR	QSTS	QSTS

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
QSTS DC	QSTS	CYAC	ACST FUAC	RACE	YGR	VACS	LY CAST	LY	QSTS	QSTS

1:30-2:00PM Warm ups Competition begins at 2:10PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
GATR	SMAC	SMAC SCAT	HOKI LASO	HOKI	CCA STRM	CCA	PSDN	PSDN	GATR	GATR