

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
LY	GATR	GATR	BAC	BAC	QSTS	QSTS	QSTS	QSTS	BAC	BAC

**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
PSDN	PSDN	PSDN	CCA	HOKI	SMAC	YGR	CYAC,CAST ACST,LASO RSA	PSDN	PSDN	PSDN

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

**SATURDAY MORNING 6:15-6:50AM Competition begins at 8:05AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
LY RSA	BAC	BAC	BAC	BAC	GATR	GATR	GATR	BAC	BAC	LY

**6:50AM-7:25AM**

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	YGR	YGR	HOKI	HOKI CCA	CCA	QSTS	QSTS	QSTS

**7:25AM-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	PSDN	CAST STRM	CYAC,ACST LASO	SMAC	PSDN	PSDN	PSDN

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

**SUNDAY MORNING****6:15-6:50AM****Competition begins at 8:05AM**

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

**6:50AM-7:25AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
QSTS	QSTS	QSTQ	SMAC	SMAC ACST	CCA	CCA	CYAC,STRM SCAT	QSTS	QSTS	QSTS

**7:25AM-8:00AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
BAC	BAC	BAC	GATR	GATR	GATR	GATR	CAST LASO	BAC	BAC	BAC

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

**FRIDAY AFTERNOON WARM UPS****12 & Younger swimmers****12:30-1:10PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
LY	YGR	HOKI	CCA	CCA	SMAC	QSTS	QSTS	QSTS	QSTS	SMAC

**1:10-1:50PM Warm ups Competition begins at 2:00PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
CYAC SCAT	PSDN	PSDN	BAC	BAC	GRTD,RSA CAST, STRM	GATR	GATR	GATR	OPEN	OPEN

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
LY	CAST,GRTD LASO,SCAT	CYAC RSA	QSTS	QSTS	BAC	BAC	YGR	YGR	QSTS	QSTS

**1:45-2:15PM Warm ups Competition begins at 2:20PM**

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

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
GRTD,RSA ACST	HOKI	SMAC	SMAC	CAST SCAT	YGR	QSTS	QSTS	QSTS	QSTS	LY

**1:45-2:15PM Warm ups Competition begins at 2:20PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PSDN	PSDN	GATR	GATR	CCA	CCA LASO	CYAC STRM	BAC	BAC	GATR	PSDN