

**WARM UP ASSIGNMENTS**

**FRIDAY MORNING**

**6:30-7AM**

**Competition begins at 8:30AM**

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	PSDN	PSDN	CAST	YGR	LY	LY

**7AM-7:30AM**

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	QSTS	QSTS	SMAC	SMAC	LASO YRVS	HOKI	HOKI	HOKI

**7:30AM-8AM**

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	GATR	VACS	VACS	CYAC	CYAC FUAC	CCA	CCA	CCA

**SPECIFIC WARM UP**

**8AM-8:20AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PACE	DIVE	DIVE	CIRCLE	CIRCLE	DIVE	DIVE	PACE	CIRCLE	CIRCLE	CIRCLE

**SATURDAY MORNING**

**6:30-7AM**

**Competition begins at 8:30AM**

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	QSTS	QSTS	SMAC	SMAC VACS	VACS	LY	LY	LASO YRVS

**7AM-7:30AM**

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	GATR	CYAC	CYAC CAST	CAST	YGR	CCA	CCA	CCA

**7:30AM-8AM**

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	PSDN	ACST	FUAC STRM	HOKI	HOKI	HOKI

**SPECIFIC WARM UP**

**8AM-8:20AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PACE	DIVE	DIVE	CIRCLE	CIRCLE	DIVE	DIVE	PACE	CIRCLE	CIRCLE	CIRCLE

**SUNDAY MORNING****6:30-7AM****Competition begins at 8:30AM**

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	GATR	CCA	CCA	CCA	CYAC	ACST STRM	LY	LY

**7AM-7:30AM**

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	PSDN	PSDN	CAST	HOKI	HOKI	HOKI

**7:30AM-8AM**

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	QSTS	QSTS	SMAC	SMAC	VACS	YGR	LASO	YRVS

**SPECIFIC WARM UP****8AM-8:20AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PACE	DIVE	DIVE	CIRCLE	CIRCLE	DIVE	DIVE	PACE	CIRCLE	CIRCLE	CIRCLE

**FINALS WARM UP ON FRIDAY AND SATURDAY WILL BEGIN AT 4PM. FROM 4-5PM IS GENERAL WARM UP.****FROM 5-5:20PM, SPECIFIC WARM UP****COMPETITION BEGINS AT 5:30PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PACE	DIVE	DIVE	CIRCLE	CIRCLE	DIVE	DIVE	PACE	CIRCLE	CIRCLE	CIRCLE

**FINALS WARM UP ON SUNDAY WILL BEGIN AT 3:30PM. FROM 3:30-4:30PM IS GENERAL WARM UP.****FROM 4:30-4:50PM, SPECIFIC WARM UP****COMPETITION BEGINS AT 5:00PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
PACE	DIVE	DIVE	CIRCLE	CIRCLE	DIVE	DIVE	PACE	CIRCLE	CIRCLE	CIRCLE