



10 & Under Session MEET START: 8:30AM

TIME	Shallow End										Warm up/down Pool				Deep end							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	W1	W2	W3	W4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Warm-up																						
Friday: 8:00 - 8:25am	NOVA	NOVA	NOVA	GATR	QSTS	TIDE	CYAC	SEVA	HOKI	PWSC	CVAC	757	ALL Other		Unavailable							
Saturday: 8:00-8:25am					SMAC	HNVR	LY	SRVA	PSDN	RAYS	WAC	STAT	Teams									
Sunday: 8:00-8:25am											ACAC	TSU										

11/ 12 Session Warmups

TIME	Shallow End										Warm up/down Pool				Deep end							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	W1	W2	W3	W4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane *8*
Warm-up																						
Friday: 11:15am - 11:45am 12pm Start	NOVA	NOVA	NOVA	NOVA	TIDE	TIDE	SRVA	SRVA	757	GATR	CYAC	CYAC	RAYS	PSDN	CGBD	PWSC	QSTS	ODAC	STAT	WAC	SMAC	DC
Saturday: 11:15am - 11:45am 12pm Start								ACAC				LY						SEVA	HOKI	ECAT	STRM	RACE
Sunday: 10:15 - 10:45am 11am Start																				SFY	WST	VSTP
																				CVAC	TSU	CCA
At The conclusion of Assigned Warmups, 5:00 of Starts in Competition Pool for those not Warming up in Competition Pool																						

13/ 14 Session Warmups

TIME	Shallow End										Warm up/down Pool				Deep End							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	W1	W2	W3	W4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Friday & Saturday																						
3:15-3:45pm Start: 4pm	NOVA	NOVA	NOVA	NOVA	TIDE	TIDE	RAYS	RAYS	GATR	GATR	CYAC	CYAC	CGBD	HOKI	ODAC	WAC	PSDN	SEVA	757	QSTS	ECAT	WST
Sunday								SMAC		SRVA		LY			BASS	RACE	ACAC	HNVR	CCA	STAT	VSTP	DC
2:00-2:30pm Start: 2:45pm																					TSU	STRM
At The conclusion of Assigned Warmups, 5:00 of Starts in Competition Pool for those not Warming up in Competition Pool																						

* Lanes are under Team control. Those sharing a lane, please work together for starts, turns, etc.

** Relay only swimmers are ARE factored into the assigned lanes. Assigned lanes are based on roughly 10-13 swimmers per lane for 11 & Older Warm-ups and 10 per lane for 10 & Under Warm-up.