

Warm-up Schedule

**Friday Afternoon (11&Over LCM) (warm-ups start at 2:30)**

<b>1<sup>st</sup> Warm-up (2:30-2:50)</b>									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
MST	PWSC	WST	JRS	SOLO	CAS	ORO	BST (14)	BST	BST
UVAC	PRDE					CAN	INF		
<b>2<sup>nd</sup> Warm-up (2:50-3:10)</b>									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
PST	GYT	BABS	JVST	STRM	STRM (7)	NCC	MKS	SSA (14)	SSA
		RAYS/GST			CONY/SVST	LRW	BLUE	SBGC	

**Saturday Morning (11&Over LCM) (warm-ups start at 7:45)**

<b>1<sup>st</sup> Warm-up (7:45-8:05)</b>									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
MST	UVAC	PWSC	RAYS	SOLO	SOLO	CAN	GYT	GYT (10)	CAS
	LRW	SVST	BLUE					CAS (10)	
<b>2<sup>nd</sup> Warm-up (8:05-8:25)</b>									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
PST	PST	STRM	STRM	NCC	MKS	PRDE	BABS	SSA	SSA
							SBGC		
<b>3<sup>rd</sup> Warm-up (8:25-8:45)</b>									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
WST	JRS	JVST	ORO	INF	BST	BST	BST	BST	BST
			GST	CONY					

**Sunday Morning (10&Under SCY) (warm-ups start at 7:45)**

<b>1<sup>st</sup> Warm-up (7:45-8:00)</b>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PRDE	SVST	PST	PST	BLUE	BLUE	INF	INF
	PWSC						
<b>2<sup>ND</sup> Warm-up (8:00-8:15)</b>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BST	BST	BST	BST	BST	JVST	JVST	BABS
<b>3<sup>RD</sup> Warm-up (8:15-8:30)</b>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SOLO	STRM	SSA	ORO	RAYS	RAYS	MKS	MKS
			GST				
<b>4<sup>th</sup> Warm-up (8:30-8:45)</b>							
GYT	GYT	MST	JRS	SBGC	WST	NCC	NCC
		CONY	CAS	LRW	CAN		