

Warm-up Schedule

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

1 st Warm-up (2:30-2:55)									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
MST	UVAC	PWSC	STRM	STRM (9)	JRS	JRS	BST	BST	BST
	LRW	NCC		CONY					
2 nd Warm-up (2:55-3:20)									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
RAYS	PRDE	CAS	GYT	BABS	MKS	WST	WST (8)	JVST	JVST
	AST			GST			BLUE		

Saturday Morning (11&Over LCM) (warm-ups start at 8:30)

1 st Warm-up (8:30-8:55)									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
MST	UVAC	GYT	STRM	STRM (13)	JRS	JRS	BST	BST	BST
	LRW			CONY					
2 nd Warm-up (8:55-9:20)									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
RAYS	CAS	JVST	JVST (11)	BABS	WST	WST (9)	PRDE	MKS	MKS (7)
			BLUE	SBGC		GST	AST		PWSC

Sunday Morning (10&Under SCY) (warm-ups start at 8:20)

1 st Warm-up (8:20-8:40)							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
JVST	JVST	GYT	GYT	MKS	MKS	BLUE	BLUE UVAC
2 ND Warm-up (8:40-9:00)							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
STRM	STRM (5)	PRDE	SBGC	NCC	NCC (7)	WST	JRS
	LRW		CONY		CAS	PWSC	GST
3 RD Warm-up (9:00-9:20)							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BST	BST	BST	BST	BABS	RAYS	RAYS	RAYS