

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
PSDN	PSDN	PSDN	PSDN	FUAC CAST	VACS	RACE DC	YGR	LY	PSDN	YGR

**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
QSTS	QSTS	QSTS	CCA SCAT	HOKI	HOKI CYAC	SMAC SVFY	GATR	GATR	CCA	QSTS

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

**SATURDAY MORNING 6:20-6:50AM 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
FUAC	RACE	CYAC SCAT	DC	CCA	CCA	SMAC	HOKI	HOKI	LY	LY

**6:50AM-7:20AM**

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	GATR	GATR	GATR	VACS	VACS CAST	QSTS	QSTS	QSTS

**7:20AM-7:50AM**

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	YGR	YGR	YGR SVFY	PSDN	PSDN	PSDN

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

**SUNDAY MORNING****6:20-6:50AM****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
YGR	YGR	SCAT DC	VACS	VACS	FUAC	CYAC	RACE	LY	LY	YGR

**6:50AM-7:20AM**

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	HOKI	HOKI	CCA	CCA	PSDN	PSDN	PSDN

**7:20AM-7:50AM**

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	GATR	GATR	GATR	CAST SVFY	SMAC	QSTS	QSTS	GATR

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

**FRIDAY AFTERNOON WARM UPS****12 & Younger swimmers****1:00-1:30PM**

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	HOKI CAST	HOKI	YGR SCAT	YGR	FUAC ACST	LY	LY	QSTS

**1:30-2:00PM Warm ups Competition begins at 2:10PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
GATR DC	GATR	VACS STRM	CYAC	RACE	SMAC	CCA LASO	PSDN	PSDN	CCA	GATR

**SATURDAY AFTERNOON WARM UPS 12 & Younger swimmers****1:30PM-2:00PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
LY ACST	CCA LASO	HOKI	HOKI CAST	SMAC DC	SMAC	VACS	PSDN	LY	CCA	PSDN

**2-2:30PM Warm ups Competition begins at 2:40PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
GATR	GATR FUAC	CYAC	CYAC SCAT	RACE	YGR	QSTS STRM	QSTS	GATR	QSTS	QSTS

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
QSTS DC	QSTS	CYAC	ACST FUAC	RACE	YGR	VACS	LY CAST	LY	QSTS	QSTS

**1:30-2:00PM Warm ups Competition begins at 2:10PM**

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