

Morning Warm Ups

FRIDAY 12 & Under Course- Shallow End								
	1	2	3	4	5	6	7	8
6:40-7:20am	CCA	CCA	CCA	CCA	CCA	CCA	CYAC	CYAC
7:20-8:00am	BAC	BAC	BAC	BAC	SMAC	SMAC	SMAC	SMAC

Warmup Pool (Between the two courses)							SPECIFIC WARM UP FROM 8:00AM-8:20AM	
6:40-7:20am	1	2	3	4	5	6	LANES 1 & 8 in competition pools will be pace Lanes 2,3,6,7 in competition pools will be dive	
	LY	LY	LY/STRM	HOKI	HOKI	HOKI		
7:20-8:00am	1	2	3	4	5	6	LANES 4,5 in comp pools and all lanes in warm up pool will be circle swim COMPETITION BEGINS AT 8:30AM	
	GATR	GATR	GATR	GATR	GATR	GATR		

FRIDAY 13 & Over Course- Deep End								
	1	2	3	4	5	6	7	8
6:40-7:20am	LASO ACST	BRAC SCAT	HOKI	HOKI	HOKI	HOKI	HOKI	HOKI
7:20-8:00am	PSDN	PSDN	PSDN	PSDN	PSDN	GATR	GATR	GATR

Morning Warm Ups

SATURDAY 12 & Under Course- Shallow End

6:40-7:20am	1	2	3	4	5	6	7	8
	LASO	STRM	GATR	GATR	GATR	GATR	GATR	GATR
7:20-8:00am	1	2	3	4	5	6	7	8
	BRAC ACST	FUAC RACE	CYAC	CYAC	CYAC	CYAC	HOKI CAST	HOKI

Warmup Pool (Between the two courses)

6:40-7:20am	1	2	3	4	5	6	<p>SPECIFIC WARM UP FROM 8:00AM-8:20AM</p> <p>LANES 1 & 8 in competition pools will be pace</p> <p>Lanes 2,3,6,7 in competition pools will be dive</p> <p>Lanes 4,5 in comp pools and all lanes in warm up pool will be circle swim</p> <p>COMPETITION BEGINS AT 8:30AM</p>
	GATR	GATR	GATR	LY/SCAT	LY	LY	
7:20-8:00am	1	2	3	4	5	6	
	HOKI	HOKI	HOKI	HOKI	HOKI	HOKI	

SATURDAY 13 & Over Course- Deep End

6:40-7:20am	1	2	3	4	5	6	7	8
	SMAC	SMAC	SMAC	CCA	CCA	CCA	CCA	CCA
7:20-8:00am	1	2	3	4	5	6	7	8
	PSDN	PSDN	PSDN	PSDN	PSDN	BAC	BAC	BAC

Morning Warm Ups

SUNDAY 12 & Under Course- Shallow End								
	1	2	3	4	5	6	7	8
6:40-7:20am	CCA	CCA	CCA	CCA	CCA	CCA	FUAC	ACST BRAC
7:20-8:00am	PSDN	PSDN	PSDN	PSDN	PSDN	CYAC	CYAC	CYAC

Warmup Pool (Between the two courses)								
6:40-7:20am	1	2	3	4	5	6	SPECIFIC WARM UP FROM 8:00AM-8:20AM LANES 1 & 8 in competition pools will be pace Lanes 2,3,6,7 in competition pools will be dive Lanes 4,5 in comp pools and all lanes in warm up pool will be circle swim COMPETITION BEGINS AT 8:30AM	
	LY	LY	LY	SMAC	SMAC	SMAC		
7:20-8:00am	GATR	GATR	GATR	GATR	GATR	GATR		

SUNDAY 13 & Over Course- Deep End								
	1	2	3	4	5	6	7	8
6:40-7:20am	HOKI	HOKI	HOKI	HOKI	HOKI	HOKI	HOKI	HOKI
7:20-8:00am	BAC	BAC	BAC	LASO RACE	SCAT STRM	GATR	GATR	GATR