

Warmup Assignments

Friday Morning

7:00 - 7:30 7:30 - 8:00

M A I N P O O L	Lane 1	VSTP/TSU	SGY
	Lane 2	RAYS	SGY
	Lane 3	RAYS	WST
	Lane 4	SHKS	WST
	Lane 5	SHKS	BASS
	Lane 6	WSC/RPST	VAST
	Lane 7	PWSC	NOVA
	Lane 8	FAST/RACE	NOVA
	Lane 9	QDD	NOVA
	Lane 10	QDD	NOVA
WARM	Lane A	QDD	NOVA
UP	Lane B	QDD	NOVA
POOL	Lane C	QDD	NOVA

Friday Afternoon

11:45 - 12:15 12:15 - 12:45

M A I N P O O L	Lane 1	RACE	VSTP/WST
	Lane 2	VAST	TSU/RPST/WSC
	Lane 3	BASS	SGY
	Lane 4	PWSC	FAST
	Lane 5	RAYS	NOVA
	Lane 6	RAYS	NOVA
	Lane 7	SHKS	NOVA
	Lane 8	SHKS	NOVA
	Lane 9	QDD	NOVA
	Lane 10	QDD	NOVA
WARM	Lane A	QDD	NOVA
UP	Lane B	QDD	NOVA
POOL	Lane C	QDD	NOVA

Warmup Assignments

Saturday Morning

7:00 - 7:25

7:25 - 7:50

7:50 - 8:15

M A I N	Lane 1	WSC/RACE	RPST	TSU/VSTP
	Lane 2	SHKS	FAST	BASS
	Lane 3	SHKS	WST	BASS
	Lane 4	PWSC	WST	VAST
	Lane 5	PWSC	SGY	VAST
	Lane 6	QDD	SGY	NOVA
	Lane 7	QDD	SGY	NOVA
	Lane 8	QDD	RAYS	NOVA
	Lane 9	QDD	RAYS	NOVA
	Lane 10	QDD	RAYS	NOVA
WARM	Lane A	QDD	RAYS	NOVA
UP	Lane B	QDD	SGY	NOVA
POOL	Lane C	QDD		NOVA

Saturday Afternoon

12:45 - 1:15

1:15 - 1:45

M A I N	Lane 1	FAST	TSU/WST
	Lane 2	PWSC	SGY/VSTP
	Lane 3	SHKS	RACE/RPST
	Lane 4	SHKS	VAST
	Lane 5	BASS	NOVA
	Lane 6	BASS	NOVA
	Lane 7	RAYS	NOVA
	Lane 8	RAYS	NOVA
	Lane 9	QDD	NOVA
	Lane 10	QDD	NOVA
WARM	Lane A	QDD	NOVA
UP	Lane B	QDD	NOVA
POOL	Lane C	RAYS	NOVA

Warmup Assignments

Sunday Morning

7:00 - 7:30 7:30 - 8:00

M A I N	Lane 1	TSU/VSTP	FAST
	Lane 2	RPST/RACE	VAST
	Lane 3	PWSC	WST
	Lane 4	SHKS	BASS
	Lane 5	SHKS	BASS
	Lane 6	RAYS	SGY
	Lane 7	RAYS	SGY
	Lane 8	RAYS	NOVA
	Lane 9	QDD	NOVA
	Lane 10	QDD	NOVA
WARM	Lane A	QDD	NOVA
UP	Lane B	QDD	NOVA
POOL	Lane C	QDD	NOVA

Sunday Afternoon

11:45 - 12:15 12:15 - 12:45

M A I N	Lane 1	RACE	SGY/TSU
	Lane 2	VAST	FAST
	Lane 3	SHKS/VSTP	BASS/WST
	Lane 4	SHKS	BASS
	Lane 5	PWSC/RPST	NOVA
	Lane 6	PWSC	NOVA
	Lane 7	RAYS	NOVA
	Lane 8	RAYS	NOVA
	Lane 9	QDD	NOVA
	Lane 10	QDD	NOVA
WARM	Lane A	QDD	NOVA
UP	Lane B	QDD	NOVA
POOL	Lane C	RAYS	NOVA