



11/12 and 13/14 Prelims Warm-up Schedule

TIME	Shallow End										Warm up/down Pool				Deep end								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	W1	W2	W3	W4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane *8*	
Warm-up Group A														CCA									
Friday: 7:00 - 7:30am	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA	HOKI	HOKI	CYAC			TSU	PSDN	PSDN	QSTS	QSTS	SRVA	CGBD	CGBD		CGBD
Saturday: 7:30 - 8:00am											SFY			BASS									
Sunday: 8:00 - 8:30am										UN	DC			STAR									SMAC

TIME	Shallow End										Warm up/down Pool				Deep end								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	W1	W2	W3	W4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane *8*	
Warm-up Group B														757									
Friday: 7:30 - 8:00am	TIDE							GATR			ODAC				SEVA						RAYS		LY
Saturday: 7:00 - 7:30am		TIDE	TIDE	TIDE	GATR	GATR			WAC		STAT	ODAC	757		TSC	SEVA	RAYS	RAYS	RAYS			LY	
Sunday: 8:30 - 9:00am	VSTP									STRM	RACE	TSC			WST	LASO					TAC		ACAC

10&Under and Relay Only Swimmers Prelims Warm-up Schedule

TIME	Shallow End										Warm up/down Pool				Deep End							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	W1	W2	W3	W4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Friday & Saturday				CCA				SEVA	WAC	OPEN		GATR		RAYS	STAT	HOKI						OPEN
8:00 - 8:20am															RACE	SFY						
Sunday	NOVA	NOVA	NOVA		QSTS	757	CYAC				GATR		PSDN		CGBD	WST	ECAT	TIDE	ODAC		RELAY ONLY SWIMMERS	
9:00 - 9:20am				LY				SRVA	PWSC	for 1 way Starts ONLY		PSDN		ACAC	BASS	SMAC						for 1 way Starts ONLY
															UN	VSTP						

* Lanes are under Team control. Those sharing a lane, please work together for starts, turns, etc.

** Relay only swimmers are NOT factored into the assigned lanes. Relay only swimmers will have their own warmup period during the 10&Under Warmups. If teams want to put their relay only swimmers into their assigned lanes, that is up to each team. Assigned lanes are based on roughly 11 swimmers per lane for 11&Older Warm-ups and 12 per lane for 10&U Warm-up.

*** Lanes 10 in Shallow End and Lane 8 in Deep End during the 10 & Under Warm-up are left open for all aged swimmers to get a start in the course they will be racing. This is designed for swimmers whose warm-up was in the alternate course.