WARM UP ASSIGNMENTS

11/12 and 13/14 Sessions

Friday, July 24, 2015

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00- 7:35am	NOVA	NOVA	NOVA	CGBD	WAC SMAC	GATR	CCA HOKI	TIDE
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:35- 8:10am	PSDN VYAC	PSDN	SEVA RAPP	QSTS LY WST	BAC STAT	RAYS CYAC	RPST ODAC	ALL OTHER TEAMS

8:20 Meet Start

Saturday, July 25, 2015

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-	PSDN	PSDN	SEVA	QSTS	BAC	RAYS	RPST	ALL
7:35am	VYAC		RAPP	LY	STAT	CYAC	ODAC	OTHER
7.55aiii				WST				TEAMS
	1 4							
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	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:35	NOVA	NOVA	NOVA	Lane 4 CGBD	Lane 5 WAC	Lane 6 GATR	Lane 7 CCA	Lane 8 TIDE
7:35- 8:10am								
					WAC		CCA	

8:20 Meet Start

Sunday, July 26, 2015

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00- 7:35am	NOVA	NOVA	NOVA	CGBD	WAC SMAC	GATR	CCA HOKI	TIDE
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:25	Lane 1 PSDN	Lane 2 PSDN	Lane 3 SEVA	Lane 4 QSTS	Lane 5 BAC	Lane 6 RAYS	Lane 7 RPST	Lane 8 ALL
7:35- 8:10am								

8:20 Meet Start

^{***} Warm up Pool open for all *'relay only'* swimmers during your team's warmup time