



WARMUP SCHEDULE:

Teams Listed in Alphabetical Order

GROUP 1 – BSC – NSC

GROUP 2 – PAAC – WSY (includes Unattached swimmers)

There will be about 20 swimmers per lane*.

**Please share efficiently, know that you may be combining with other teams.*

Thursday Distance Session

4:30 PM – 5:25 PM – OPEN WARMUPS

Meet Starts at 5:30 PM

<u>FRIDAY PRELIMS</u>		<u>SATURDAY PRELIMS</u>	
<u>7:30-8:00</u>	<u>Group 1</u>	<u>7:30-8:00</u>	<u>Group 2</u>
<u>8:00-8:30</u>	<u>Group 2</u>	<u>8:00-8:30</u>	<u>Group 1</u>
<u>8:30-8:50</u>	<u>One Way Starts Lanes 3-10</u> <u>Lanes 1-2 open for</u> <u>continuous warmup</u>	<u>8:30-8:50</u>	<u>One Way Starts Lanes 3-10</u> <u>Lanes 1-2 open for</u> <u>continuous warmup</u>

<u>SUNDAY PRELIMS</u>		<u>DAILY FINALS</u>	
<u>7:30-8:00</u>	<u>Group 1</u>	<u>4:00-5:00</u>	<u>OPEN WARMUPS</u> <u>ALL LANES</u>
<u>8:00-8:30</u>	<u>Group 2</u>	<u>5:00-5:20</u>	<u>One Way Starts Lanes 3-10</u> <u>Lanes 1-2 open for</u> <u>continuous warmup</u>
<u>8:30-8:50</u>	<u>One Way Starts Lanes 3-10</u> <u>Lanes 1-2 open for</u> <u>continuous warmup</u>	<u>Sunday Finals will start at the end of the 800</u> <u>Prelims</u>	

