

Warm-Up Schedule for Friday and Sunday Prelims

Main Competition Pool								
	1	2	3	4	5	6	7	8
7:30am-8:00am	GKC	GKC / PCC	PCC	GR	MMA	DCAC / LCSC	SWYS / LAC / NS	OLY / MD
8:00am-8:30am	USSC	USSC / FISH	NKAT / SLA	SST / FFYS	BC / SCS	EGRA	WAVES / NOVA	WMS / MON
8:30am-8:50am	One way sprints all 8 lanes							

Five Lane Warm Up Pool						All Lanes in the five lane pool are open WU after 8:30am
	1	2	3	4	5	
7:30am-8:00am	MLA	MLA	MLA	MLA	UNAT	
8:00am-8:30am	CW	CW	DRD / GPG / HVP	BA / MSC / RS	JAWS / BBA	

Warm-Up Schedule for Saturday Prelims

Main Competition Pool								
	1	2	3	4	5	6	7	8
7:30am-8:00am	USSC	USSC / FISH	NKAT / SLA	SST / FFYS	BC / SCS	EGRA	WAVES / NOVA	WMS / MON
8:00am-8:30am	GKC	GKC / PCC	PCC	GR	MMA	DCAC / LCSC	SWYS / LAC / NS	OLY / MD
8:30am-8:50am	One way sprints all 8 lanes							

Five Lane Warm Up Pool						All Lanes in the five lane pool are open WU after 8:30am
	1	2	3	4	5	
7:30am-8:00am	CW	CW	DRD / GPG / HVP	BA / MSC / RS	JAWS / BBA	
8:00am-8:30am	MLA	MLA	MLA	MLA	UNAT	

