

Warm-Up Schedule for Friday & Sunday Prelims

Main Competition Pool								
	1	2	3	4	5	6	7	8
7:30am-8:00am	GLT / RS / RBST	GKC / MMA	SST	USSC	USSC / PCC / WPSC	PCC	EGRA / LIFE	HVP / NKAT / ROCK / LCSC
8:00am-8:30am	NS / DCAC / RAYS	WMS / FFYS / SJA / UNAT	DROP / WAVES / BC	BC	CW	CW	NOVA	SAC / SWYS / MD / RAZ
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 / GATR	GR / GTBY / DRD	BBA	BBA / MON / JAWS	
8:00am-8:30am	OLY	OLY	GPG / HEAT	FISH / LAC	MSC / SLA / SBSC	

Warm-Up Schedule for Friday & Sunday Timed Finals

Main Competition Pool								
	1	2	3	4	5	6	7	8
1:00pm-1:20pm	SST	NOVA	EGRA	HVP / RAZ	BC	WAVES / ROCK	USSC / DASA	HEAT / DROP / GATR
1:20pm-1:40pm	GLT	CW	GKC / GR	PCC	MD / NS / SCS	RS / SAC	WMS / JAWS / DRD	SLA / DCAC
12:40pm-12:50pm	One way sprints all 8 lanes							

Five Lane Warm Up Pool						All Lanes in the five lane pool are open WU after 1:20pm
	1	2	3	4	5	
1:00pm-1:20pm	MLA / MCA	OLY / MSC	RBST	LCSC	MMA	
1:20pm-1:40pm	OPEN	OPEN	OPEN	OPEN	OPEN	



Warm-Up Schedule for Saturday Prelims

Main Competition Pool								
	1	2	3	4	5	6	7	8
7:30am-8:00am	NS / DCAC / RAYS	WMS / FFYS / SJA / UNAT	DROP / WAVES / BC	BC	CW	CW	NOVA	SAC / SWYS / MD / RAZ
8:00am-8:30am	GLT / RS / RBST	GKC / MMA	SST	USSC	USSC / PCC / WPSC	PCC	EGRA / LIFE	HVP / NKAT / ROCK / LCSC
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	OLY	OLY	GPG / HEAT	FISH / LAC	MSC / SLA / SBSC	
8:00am-8:30am	MLA	MLA / GATR	GR / GTBY / DRD	BBA	BBA / MON / JAWS	

Warm-Up Schedule for Saturday Timed Finals

Main Competition Pool								
	1	2	3	4	5	6	7	8
1:00pm-1:20pm	GLT	CW	GKC / GR	PCC	MD / NS / SCS	RS / SAC	WMS / JAWS / DRD	SLA / DCAC
1:20pm-1:40pm	SST	NOVA	EGRA	HVP / RAZ	BC	WAVES / ROCK	USSC / DASA	HEAT / DROP / GATR
12:40pm-12:50pm	One way sprints all 8 lanes							

Five Lane Warm Up Pool						All Lanes in the five lane pool are open WU after 1:20pm
	1	2	3	4	5	
1:00pm-1:20pm	MLA / MCA	OLY / MSC	RBST / LIFE	LCSC	MMA	
1:20pm-1:40pm	OPEN	OPEN	OPEN	OPEN	OPEN	

