Warmup Lanes - Saturday Morning Session

Main Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30 - 8:00	USSC	USSC	USSC	USSC	Y2K	Y2K	CFYN	SWYS
8:00 - 8:30	BBD	BBD	BBD	BBD	CW	CW	CW	NS
8:30 - 8:50	One Way Sprints for ALL Lanes							

Flex Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:30 - 8:00	NKAT	NKAT	MLA	MLA	MLA
8:00 - 8:30	BC	BC	BC	GPG	GPG
8:30 - 8:50	Open for Warmup				

Bulkhead West

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lanes 7 - 11
7:30 - 8:00	EGRA	EGRA	EGRA	RAYS	RAYS	RAYS	Open for Warmup
8:00 - 8:30	WEST	WEST	BBA	HEAT	SST	SWAT	Open for Warmup
8:30 - 8:50	Open for Warmup						

Warmup Lanes - Sunday Morning Session

Main Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30 - 8:00	BC	BC	BC	GPG	GPG	GPG	BBA	SST
8:00 - 8:30	WEST	WEST	EGRA	EGRA	EGRA	RAYS	RAYS	RAYS
8:30 - 8:50	One Way Sprints for ALL Lanes							

Flex Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:30 - 8:00	Y2K	Y2K	CW	CW	CW
8:00 - 8:30	USSC	USSC	USSC	USSC	HEAT
8:30 - 8:50	Open for Warmup				

Bulkhead West

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lanes 8 - 11
7:30 - 8:00	BBD	BBD	BBD	BBD	SWAT	NS	CFYN	Open for Warmup
8:00 - 8:30	NKAT	NKAT	SWYS	MLA	MLA	MLA	MLA	Open for Warmup
8:30 - 8:50	Open for Warmup							