

WARM-UP SCHEDULE

Warm-ups have been split into A and B sessions. Coaches of teams sharing lanes are encouraged to work together to arrange warm-ups. The 25-yard recreational pool will be available throughout the meet for warm-up/warm-down ONLY -- no play time or non-competing siblings or parents.

Please remember that **coaches are responsible for their swimmers AT ALL TIMES** (includes warm-ups and warm-downs). All unattached swimmers will warm up with their respective teams. Any swimmer participating as unattached who is not affiliated with a team entered in the meet has been assigned to a coach for warm-ups.

Friday Evening -- "A" Warm-Up 1:30 PM - 2:10 PM

Lane

- 1 GCAT, NYST
- 2 GCAT, GOLD
- 3 MOR
- 4 MOR
- 5 MOR
- 6 MOR
- 7 MOR
- 8 MOR, HEAT

Friday Evening -- "B" Warm-Up 2:10 PM to 2:50 PM

Lane

- 1 SMRT
- 2 SMRT
- 3 SUMM, BSC
- 4 BSC, PSDN
- 5 H2A
- 6 H2A, GAS
- 7 FINS
- 8 BOOM, SST, UNAT-GIST

Saturday Morning -- "A" Warm-Up 7:00 AM - 7:40 AM

Lane

- 1 SMRT
- 2 SMRT, H2A
- 3 H2A, NYST
- 4 SUMM, SYAT
- 5 GSC, TARA
- 6 TARA, BSC
- 7 BSC, PSDN, UNAT-GIST
- 8 SST, LLA, UN-POILETMAN

Saturday Morning -- "B" Warm-Up 7:40 AM - 8:20 AM

Lane

- 1 GCAT, GOLD
- 2 GCAT
- 3 GCAT
- 4 FINS, HEAT
- 5 BOOM, MOR
- 6 MOR
- 7 MOR
- 8 MOR, GAS

Saturday Afternoon -- "A" Warm-Up Not before 12:00 PM

Lane

- 1 GCAT
- 2 GCAT, NYST
- 3 FINS
- 4 FINS
- 5 FINS, TARA
- 6 BOOM
- 7 MOR
- 8 MOR

Saturday Afternoon -- "B" Warm-Up Not before 12:30 PM

Lane

- 1 SUMM, SMRT
- 2 SMRT
- 3 GAS, BSC
- 4 BSC
- 5 SYAT, H2A
- 6 H2A
- 7 HEAT, UNAT-GIST
- 8 SST, LLA

WARM-UP SCHEDULE (Continued)

Saturday Evening Finals

Not before 5:00 PM

No Lane Assignments

Sunday Morning -- "A" Warm-Up

7:00 AM - 7:40 AM

Lane

- 1 GCAT, GOLD
- 2 GCAT
- 3 FINS
- 4 GAS, HEAT
- 5 MOR
- 6 MOR
- 7 MOR
- 8 MOR, BOOM

Sunday Morning -- "B" Warm-Up

7:40 AM - 8:20 AM

Lane

- 1 NYST, SMRT
- 2 SMRT, H2A
- 3 H2A
- 4 SUMM, SYAT
- 5 GSC, TARA
- 6 TARA, BSC
- 7 BSC, PSDN, UNAT-GIST
- 8 SST, UN-POILETMAN, LLA

Sunday Afternoon -- "A" Warm-Up

Not before 12:00 PM

Lane

- 1 SUMM, SMRT
- 2 SMRT
- 3 GAS, BSC
- 4 BSC
- 5 SYAT, H2A
- 6 H2A
- 7 HEAT, UNAT-GIST
- 8 LLA, SST

Sunday Afternoon -- "B" Warm-Up

Not before 12:30 PM

Lane

- 1 GCAT
- 2 GCAT, TARA
- 3 FINS
- 4 FINS
- 5 FINS, NYST
- 6 MOR
- 7 MOR
- 8 BOOM

Sunday Evening Finals

Not before 5:00 PM

No Lane Assignments