

Warm Up Lane Assignments

Friday 01/30 Session 1

First Warm Up, 5:00 to 5:25 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACK	PACK	PACK	PACK	PACK	PACK	PACK	PACK

Second Warm Up, 5:25 to 5:50 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BTA	BTA	BTA	ESA	HCAP	TYES	NEHA ETEX	UNAT LJAC

Saturday 01/26 Session 2 (PACK warmups will begin at 6:30 AM - See your Coach for Details)

First Warm Up, 7:30 to 8:10 Warm Ups

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HCAP	HCAP	HCAP	HCAP	TYES	TYES	ETEX	LJAC UNAT

Second Warm Up, 8:10 to 8:50 Warm Ups

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BTA	BTA	BTA	BTA	ESA	ESA	NEHA	NEHA

Sunday 01/27 Session 3 (PACK warmups will begin at 6:30 AM - See your Coach for Details)

First Warm Up, 7:30 to 8:10 Warm Ups

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BTA	BTA	BTA	BTA	ESA	ESA	NEHA	NEHA

Second Warm Up, 8:10 to 8:50 Warm Ups

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HCAP	HCAP	HCAP	HCAP	TYES	TYES	ETEX	LJAC UNAT

Lane Timing Assignments

Timing Assignments Friday Session

CH	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
	PACK	PACK	PACK	PACK	PACK	ESA	BTA	BTA
	PACK	PACK	PACK	PACK	TYES	HCAP	UNAT	BTA
					ETEX		LJAC	

Timing Assignments Saturday

CH	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	PACK	PACK	PACK	HCAP	BTA	ESA	TYES	ETEX
2	PACK	PACK	PACK	HCAP	BTA	ESA	TYES	ETEX
							LJAC	UNAT

Timing Assignments Sunday

CH	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1	PACK	PACK	PACK	HCAP	BTA	ESA	TYES	ETEX
2	PACK	PACK	PACK	HCAP	BTA	ESA	TYES	ETEX
							LJAC	UNAT