

SATURDAY AND SUNDAY WARM-UPS

1st	WM-UP LANE	WM-UP LANE	1	2	3	4	5	6	7	8	
9:45- 10:15	FCST	FCST	FCST	FCST	FCST	FCST	FCST	SPA	SPA	SPA	PEAK

We will use warm-up/down lanes with competition lanes for warming up in morning.

The Bubble will not be up. Please have your swimmers dress appropriately.

We will have two large tents with heat.

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2ND	WM-UP LANE	WM-UP LANE	1	2	3	4	5	6	7	8
10:15- 10:45	UNAT LJAC TWST	TWST	TWST	TWST	KATY	KATY	KATY	WHAT	WHAT	LSST

Saturday and Sunday Timer Lane Assignments

CHAIR	1	2	3	4	5	6	7	8
1	PEAK	KATY	KATY	KATY	TWST	TWST	TWST	TWST
2	LSST	WHAT	WHAT	FCST	FCST	FCST	FCST	FCST

Each team is responsible for providing timers. Each lane needs two timers.