

Warm up and Timing Assignment

****Reminder - This is an outdoor pool, please dress your swimmers for cool weather when not in the water.**

First Warm up 7:30 - 8:05								
LANE	1	2	3	4	5	6	7	8
TEAM	AQUA/ COOG	SPA	KATY	FCST	FCST	FCST	HSC	HSC

Second Warm up 8:05 - 8:40								
LANE	1	2	3	4	5	6	7	8
TEAM	RICE	NOCH/ PEAK	DADS/ GIST	CFSC	CFSC	HCAP	SSS	SSS/ WHAT

Timing Assginment								
LANE	1	2	3	4	5	6	7	8
TEAM	RICE/ GIST	AQUA/ HCAP	CFSC/ KATY	CFSC	SPA/ DADS/ COOG	SSS	HSC	WHAT/ NOCH/ PEAK