



### Warm Up and Timing Schedule

#### WARM UP SCHEDULE- Friday (MEET STARTS AT 6:30PM)

\*\*\*\*OPEN WARMUP 5:00 PM to 6:15 PM\*\*\*\*

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

#### WARM UP SCHEDULE- Saturday and Sunday (MEET STARTS AT 9:00AM)

\*\*\*\*FIRST GROUP 7:00 AM to 7:30 AM \*\*\*\*

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	<b>OPEN</b>

\*\*\*\*SECOND GROUP 7:30 AM-7:55 AM \*\*\*\*

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	<b>OPEN</b>	GIST

\*\*\*\*THIRD GROUP 7:55 AM-8:20 AM \*\*\*\*

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
HCAP	HCAP	HCAP	HCAP	HCAP	WHAT	WHAT	WHAT

\*\*\*\*FOURTH GROUP 8:20 AM to 8:45 AM \*\*\*\*

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
CFSC	CFSC	CFSC	CFSC	CFSC	CFSC	NEHA	NEHA

***TIMING ASSIGNMENTS- Friday***

Two chairs per lane

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
CFSC CFSC	AQUA AQUA	WHAT WHAT	<b>OPEN</b> <b>OPEN</b>	<b>OPEN</b> <b>OPEN</b>	<b>OPEN</b> <b>OPEN</b>	PEAK PEAK	PEAK PEAK

***TIMING ASSIGNMENTS- Saturday and Sunday***

Two chairs per lane

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
CFSC CFSC	CFSC AQUA	AQUA AQUA	WHAT WHAT	NEHA HCAP	HCAP HCAP	GIST PEAK	PEAK PEAK