



2019 MLK Open Invitational 1/19/2019 to 1/20/2019
Warm Up Schedule and Timing Assignments



Saturday, January 19, 2019 AM Session 1

Warm up 7:30-7:55 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BLST	BLST	BLST	SSS	SSS	SSS	SSS	SSS

Warm up 7:55-8:20 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SHRK	SHRK	SHRK	SHRK/COOG	COOG	COOG	COOG	LAP/TCAP

Warm up 8:20 – 8:45 a.m.

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

SATURDAY AM SESSION
TIMING ASSIGNMENTS – TWO TIMERS PER LANE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	HCAP	HCAP	HCAP	COOG	SHRK	BLST
SSS	LAP	HCAP	HCAP	HCAP	COOG	SHRK	BLST

Saturday, January 19, 2019 PM Session 2

Warm up 1:00-1:25 p.m.

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

Warm up - 1:25-1:50 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SHRK	SHRK	SHRK	SHRK	SHRK	COOG	COOG	COOG

Warm up 1:50 -2:15 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LAP/TCAP	BLST	HCAP	HCAP	HCAP	HCAP	HCAP	HCAP

SATURDAY PM SESSION
TIMING ASSINGMENTS – TWO TIMERS PER LANE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSS	SHRK	SHRK	COOG	HCAP	HCAP
SSS	SSS	BLST	SHRK	SHRK	COOG	HCAP	HCAP

Sunday, January 20, 2019 AM Session 3

Warm up 7:30-7:55 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSS	SSS	SSS	BLST	BLST	BLST

Warm up 7:55-8:20 a.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
COOG	COOG	COOG	COOG/SHRK	SHRK	SHRK	SHRK	TCAP

Warm up 8:20 – 8:45 a.m.

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

SUNDAY AM SESSION

TIMING ASSINGMENTS – TWO TIMERS PER LANE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	HCAP	HCAP	HCAP	SHRK	COOG	BLST
SSS	SSS	HCAP	HCAP	HCAP	SHRK	COOG	BLST/TCAP

Sunday, January 20, 2019 PM Session 4

Warm up 1:00-1:25 p.m.

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

Warm up - 1:25-1:50 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BLST/LAP	TCAP	SHRK	SHRK	SHRK	SHRK	SHRK	SHRK

Warm up 1:50 – 2:15 p.m.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HCAP	HCAP	HCAP	HCAP	HCAP	COOG	COOG	COOG

SUNDAY PM SESSION

TIMING ASSIGNMENTS – TWO TIMERS PER LANE

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SSS	SSS	SSS	SHRK	SHRK	COOG	HCAP	HCAP
SSS	SSS	TCAP	SHRK	SHRK	COOG	HCAP/BLST	HCAP