

Thursday Prelim Warm-up Assignments

There will be two 30 minute warm-ups periods where teams will swim in their assigned lanes. There will then be a 20 minute general warm-up period with lanes 1 & 10 used as pace lanes. Lanes 2, 3 & 9 will be general warm-up lanes. Lanes 4 - 8 will be used for one way sprints.

Lane	1st Warm-Up Period : 7:30-8:00	Total
1	BST/NBSC/FCY	26
2	WAVE/VAC	25
3	OZ/PASC	25
4	EBSC/FSC	27
5	SHOR/WOW/WAM/ EBSC (4)	25
6	LAKE	25
7	LAKE/GYST	25
8	DFAC	25
9	HSSB/TIDE	29
10	MFSC/GBSC/MWY/ NEAT/OSHY	26

Lane	2nd Warm-Up Period : 8:00-8:30	Total
1	MSS/UWM/WBSC	25
2	FAST/J-HAWK/UN-WI	25
3	OCON/GBY	25
4	SSTY	26
5	WEST	25
6	WEST	25
7	WEST/SEAY/TOSA	28
8	SWAT	25
9	SWAT(7)/MEYO/WRAT	25
10	ASC/BAC/BAT/ECY/SCSC	25

Friday Prelim Warm-up Assignments

There will be two 30 minute warm-ups periods where teams will swim in their assigned lanes. There will then be a 20 minute general warm-up period with lanes 1 & 10 used as pace lanes. Lanes 2, 3 & 9 will be general warm-up lanes. Lanes 4 - 8 will be used for one way sprints.

Lane	1st Warm-Up Period : 7:30-8:00	Total
1	FAST/MFSC	23
2	SSTY/UN-WI/WASP	23
3	WEST	24
4	WEST	24
5	WEST (8)/WRAT	24
6	OCON/ECY	24
7	SWAT	24
8	SWAT (6)/NBSC/J-HAWK	24
9	TOSA/OSHY/ FCY/FSC/GBY/BAT	26
10	SEAY/BAC	23

Lane	2nd Warm-Up Period : 8:00-8:30	Total
1	MWY/WOW/MSS/WBSC	25
2	EBSC	25
3	BST/SCSC/WAM/CWWM	25
4	DFAC	24
5	OZ	24
6	LAKE	24
7	LAKE (12)/TIDE/GBSC	26
8	HSSB/UWM/BAT/PASC	25
9	WAVE/VAC	24
10	SHOR/ASC/SCST/GYST	26

Saturday Prelim Warm-up Assignments

There will be two 30 minute warm-ups periods where teams will swim in their assigned lanes. There will then be a 20 minute general warm-up period with lanes 1 & 10 used as pace lanes. Lanes 2, 3 & 9 will be general warm-up lanes. Lanes 4 - 8 will be used for one way sprints.

Lane	1st Warm-Up Period : 7:30-8:00	Total
1	WAVE/BAT/GBSC	26
2	MSS/WBSC/ UN-WI/CWWM	26
3	BST/WOW/SCSC/UWM	26
4	LAKE	26
5	LAKE (18)/GYST	26
6	OZ/MWY	26
7	DFAC	27
8	EBSC (6)/SHOR/ LAXY/PASC	27
9	EBSC/CAST	26
10	HSSB/ TIDE	30

Lane	2nd Warm-Up Period : 8:00-8:30	Total
1	FAST/OCON	26
2	SSTY	27
3	WEST	26
4	WEST	26
5	WEST (10)/ECY/NBSC	25
6	SWAT	26
7	SWAT (8)/VAC/GBY	26
8	SEAY/J-HAWK/SCST	26
9	WRAT/MFSC/WASP	26
10	BAC/ASC/FSC/FCY/ TOSA/NEAT/WAM	27

Sunday Prelim Warm-up Assignments

There will be two 30 minute warm-ups periods where teams will swim in their assigned lanes. There will then be a 20 minute general warm-up period with lanes 1 & 10 used as pace lanes. Lanes 2, 3 & 9 will be general warm-up lanes. Lanes 4 - 8 will be used for one way sprints.

Lane	1st Warm-Up Period : 7:30-8:00	Total
1	OCON/TOSA/WASP/ASC	24
2	SEAY/BAC	22
3	WEST	23
4	WEST	23
5	WEST (7)/WAVE	23
6	SSTY/NBSC	25
7	SWAT	25
8	FAST/GBY	22
9	WRAT/SCST/FSC	22
10	J-HAWK/VAC/NEAT	24

Lane	2nd Warm-Up Period : 8:00-8:30	Total
1	HSSB/TIDE	26
2	MSS/CWWM/LAXY/PASC	23
3	DFAC	26
4	LAKE	23
5	LAKE (12)/GYSY/BAT	23
6	EBSC/OSHY/WAM	23
7	BST/UN-WI/WBSC	23
8	SHOR/WOW/UWM	22
9	OZ	23
10	MFSC/NBSC/SCSC/GBSC	23

Sunday 1500 warm-ups will begin at 11:40am and will last for 20 minutes. The 1500 session will begin at 12:10pm.