

Saturday, February 25, 2012

Warm-up Session #1 (7:00-7:30 a.m.)

Lane #1	WEST (20)						20
Lane #2	WEST (5)	MFSC (12)	WAT (1)				18
Lane #3	OZ (10)	FCY (9)	UNAT (1)				20
Lane #4	EBSC (19)						19
Lane #5	LAKE (20)						20
Lane #6	LAKE (5)	OCON (15)					20
Lane #7	SEA (8)	NBSC (4)	J-HK (7)				19
Lane #8	SWAT (20)						20
Lane #9 (behind bulkhead)	SWAT (10)	FAST (6)	GCGG (2)				18

Warm-up Session #2 (7:30-8:00 a.m.)

Lane #1	SHOR (9)	GBSC (6)	SPDY (3)				18
Lane #2	MSS (14)	VAC (4)	MMSY (1)				19
Lane #3	WAVE (17)	BB (2)	BAT (1)				20
Lane #4	GBY (13)	UN-GBY (1)	TOSA (4)	REED (2)			20
Lane #5	HSSB (10)	SCY (4)	RCSC (5)	WAYS (1)			20
Lane #6	PX3 (11)	CAST (5)	LOO (4)				20
Lane #7	WAM (8)	TIDE (9)	PASC (3)				20
Lane #8	NLAC (21)						21
Lane #9 (behind bulkhead)	FSC (5)	GYST (5)	MM (6)	WBSC (2)			18

Warm-up Session #3 (8:00-8:30 a.m.)

Lane #1	BAC (20)						20
Lane #2	BAC (20)						20
Lane #3	BAC (8)	DFAC (7)	WASP (4)				19
Lane #4	DFAC (20)						20
Lane #5	YDC (20)						20
Lane #6	YDC (21)						21
Lane #7	SSTY (18)	ECY (1)					19
Lane #8	OCSC (12)	CRSC (6)	ASC (1)	ECAC (1)			20
Lane #9 (behind bulkhead)	WOW (11)	CWWM (5)	LAXY (1)	SCST (2)			19

Warm-up Session #4 (8:30-8:40 a.m.)

Lane #1	Pace						
Lane #2	Sprint						
Lane #3	Sprint						
Lane #4	Sprint						
Lane #5	Sprint						
Lane #6	Sprint						
Lane #7	Sprint						
Lane #8	Pace						
Lane #9 (behind bulkhead)	General						