

Open Warmups

Friday Evening

4:50-5:40 p.m.

Competition Pool:

Lanes 1-10

Cool Down Pool:

Lanes 11-16

Warmup Assignments

Saturday Morning (11-12)

6:30-6:55 a.m.

Warmup Session 1:

Competition Pool:

AIM/TOLL	Lane 1
PAC	Lanes 1-4
ASTS	Lane 5
PGPR	Lane 6
ASA	Lanes 7-8 + CDP Lanes 11-13
JFD	Lanes 9-10 + CDP 14-16

Cool Down Pool (CDP):

ASA	Lanes 11-13
JFD	Lane 14-16

Warmup Assignments

Saturday Morning (11-12)

6:55-7:20 a.m.

Warmup Session 2:

Competition Pool:

PM

Lanes 1-5

NCAP

Lanes 6-10 + CDP 11-14

Cool Down Pool:

NCAP

Lanes 11-14

Warmup Assignments

Saturday Morning (9-10)

10:15-10:35 a.m.

Warmup Session 1:

Competition Pool:

MDNA/PGPR	Lane 1
JFD	Lanes 2-5
PAC	Lanes 5-8
ASA	Lanes 9-10 + CDP Lanes 11-16

Cool Down Pool (CDP):

ASA	Lanes 11-16
-----	-------------

Warmup Assignments

Saturday Morning (9-10)

10:35-10:55 a.m.

Warmup Session 2:

Competition Pool:

JFD

Lanes 1-6

NCAP

Lanes 7-10 + CDP Lanes 11-14

Cool Down Pool:

NCAP

Lanes 11-14

Warmup Assignments

Saturday Afternoon (13 & 0)

1:00-1:25 p.m.

Warmup Session 1:

Competition Pool:

AIM/ASTS	Lane 1
PGPR/UN	Lane 2
MDNA/TOLL	Lanes 3
PAC	Lanes 4-6
ASA	Lanes 7-8 + CDP Lanes 11-15
PM	Lanes 9-10 + CDP Ln 16

Cool Down Pool:

ASA	Lanes 11-15
PM	Lane 16

Warmup Assignments

Saturday Afternoon (13 & 0)

1:25-1:50 p.m.

Warmup Session 2:

Competition Pool:

JFD

Lanes 1-6

NCAP

Lanes 7-10 + CDP Lanes 11-14

Cool Down Pool:

NCAP

Lanes 11-14

Warmup Assignments

Sunday Morning (11-12)

6:30-6:55 a.m.

Warmup Session 1:

Competition Pool:

PM

Lanes 1-6

NCAP

Lanes 7-10 + CDP Lns 11-16

Cool Down Pool:

NCAP

Lanes 11-16

Warmup Assignments

Sunday Morning (11-12)

6:55-7:20 a.m.

Warmup Session 2:

Competition Pool:

PGKS/AIM/TOLL	Lane 1
PGPR	Lane 2
PAC	Lane 3
ASTS	Lane 4
JFD	Lanes 5-8
ASA	Lanes 9-10 + CDP 11-14

Cool Down Pool:

ASA	Lanes 11-14
-----	-------------

Warmup Assignments

Sunday Morning (9-10)

9:45-10:05 a.m.

Warmup Session 1:

Competition Pool:

ASTS	Lane 1
PM	Lanes 2-7
NCAP	Lanes 8-10 + CDP Lanes 11-16

Cool Down Pool:

NCAP	Lanes 11-16
------	-------------

Warmup Assignments

Sunday Morning (9-10)

10:05-10:25 a.m.

Warmup Session 2:

Competition Pool:

PGKS/MDNA/PGPR	Lane 1
PAC	Lanes 2-3
JFD	Lanes 4-7
ASA	Lanes 8-10 + CDP Lns 11-14

Cool Down Pool:

ASA	Lanes 11-14
-----	-------------

Warmup Assignments

Sunday Afternoon (13 & 0)

12:15-12:40 p.m.

Warmup Session 1:

Competition Pool:

PGPR/AIM/MDNA/UN	Lane 1
PGKS/TOLL	Lane 2
NCAP	Lanes 3-8 + CDP Lns 13-16
JFD	Lanes 9-10 + CDP Lns 11-12

Cool Down Pool:

JFD	Lanes 11-12
NCAP	Lanes 13-16

Warmup Assignments

Sunday Afternoon (13 & 0)

12:40-1:05 p.m.

Warmup Session 2:

Competition Pool:

ASTS	Lane 1
PAC	Lanes 2-4
PM	Lanes 5-8
ASA	Lanes 9-10 + CDP Lns 11-16

Cool Down Pool:

ASA	Lanes 11-16
-----	-------------