

Boys Session Warm up 1 8:10 am – 8:30 am												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	BULKHEAD BULKHEAD	Lane 9	Lane 10	Lane 11	Lane 12
NCAP Alex	NCAP Alex	NCAP DS	NCAP West	SNOW	SNOW	BWST	BWST		NCAP West/ Alex/ DS	NCAP West/ Alex/ DS	BWST	SNOW

Boys Session Warm up 2 8:30 am – 8:50 am												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	BULKHEAD BULKHEAD	Lane 9	Lane 10	Lane 11	Lane 12
HACC	NCAP CM	NCAP TY	NCAP AU & HA	WEA	LIFE	LIFE	NCAP North & MM		NCAP Any site	NCAP Any site	LIFE	HACC

Girls Session Warm up 1 12:00 pm – 12:20 pm												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	BULKHEAD BULKHEAD	Lane 9	Lane 10	Lane 11	Lane 12
SNOW	SNOW	NCAP West	NCAP West	NCAP Alex	NCAP Alex	BWST	BWST		NCAP WEST/ Alex	SNOW	SNOW	BWST

Girls Session Warm up 2 12:20 pm – 12:40 pm												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	BULKHEAD BULKHEAD	Lane 9	Lane 10	Lane 11	Lane 12
HACC	NCAP DS	NCAP CM	NCAP AU	NCAP TY	NCAP HA	LIFE & WEA	NCAP North & MM		LIFE	NCAP Any Site	NCAP Any Site	HACC