

Warm Up Schedule ECC

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Wednesday								
7:00 - 7:20	AD	AM	AM	CT	CT	MD	MD	MD
7:22 - 7:42	MR	MR	MR	MA	MA	NE	NJ	NJ
7:44 - 8:04	NI	NI	PV	PV	VA	NE	VA	VA
8:06 - 8:20	Pace Lane	Sprint Lanes Start End only!						Pace Lane

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Thursday								
7:00 - 7:20	NI	NI	PV	PV	VA	NE	VA	VA
7:22 - 7:42	AD	AM	AM	CT	CT	NE	MD	MD
7:44 - 8:04	MR	MR	MR	MA	MA	MD	NJ	NJ
8:06 - 8:20	Pace Lane	Sprint Lanes Start End only!						Pace Lane

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Friday								
7:00 - 7:20	MR	MR	MR	MA	MA	NE	NJ	NJ
7:22 - 7:42	NI	NI	PV	PV	VA	NE	VA	VA
7:44 - 8:04	AD	AM	AM	CT	CT	MD	MD	MD
8:06 - 8:20	Pace Lane	Sprint Lanes Start End only!						Pace Lane

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Saturday								
7:00 - 7:20	AD	AM	AM	CT	CT	MD	MD	MD
7:22 - 7:42	MR	MR	MR	MA	MA	NE	NJ	NJ
7:44 - 8:04	NI	NI	PV	PV	VA	NE	VA	VA
8:06 - 8:20	Pace Lane	Sprint Lanes Start End only!						Pace Lane