

2024 LUNSFORD WARMUP ASSIGNMENTS

FRIDAY PM	1	2	3	4	5	6	7	8
5:00-5:25	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC	WAVE	WAVE/BAC
5:25-5:50	DR	DR	DR	DR	DR	DR	DR/MAKO	MAKO

Meet starts at 6:00pm

SATURDAY AM	1	2	3	4	5	6	7	8
7:00-7:20	LIFE	LIFE	LIFE	LIFE/PCYP	WAVE/BAC	WAVE	WAVE	WAVE
7:20-7:40	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC
7:40-8:00	DR	DR	DR	DR	DR	DR	DR/MAKO	MAKO

Meet starts 8:10am

SATURDAY PM	1	2	3	4	5	6	7	8
11:00-11:20	LIFE	LIFE	LIFE	LIFE	LIFE	LIFE/WAVE	WAVE	WAVE
11:20-11:40	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC	BAC/PCYP
11:40-12:00	DR	DR	DR	DR	MAKO	MAKO	MAKO	MAKO

Meet starts at 12:10pm

*Mile warmup will start at 3:40pm. Start time will be 4:05pm. These are estimations and are subject to change. *

SUNDAY AM	1	2	3	4	5	6	7	8
7:00-7:20	LIFE	LIFE	LIFE	LIFE	LIFE	WAVE	WAVE	WAVE
7:20-7:40	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC	HHY/PCYP/BAC
7:40-8:00	DR	DR	DR	DR	DR	DR	MAKO	MAKO

Meet starts at 8:10am

SUNDAY PM	1	2	3	4	5	6	7	8
11:00-11:20	LIFE	LIFE	LIFE	LIFE	LIFE	LIFE/WAVE	WAVE	WAVE
11:20-11:40	WTRC	WTRC	WTRC	WTRC	WTRC	WTRC/BAC	HHY	HHY
11:40-12:00	DR	DR	DR	DR/PCYP	MAKO	MAKO	MAKO	MAKO

Meet starts at 12:10pm