

DAY 1 - SATURDAY JUNE 29TH, 2019

1st Warmup Session 7:00am - 7:25am																				
Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1					Lane 6	Lane 5	Lane 4	Lane 3		
PF	JVS	JVS	WALD	WALD	ESST	ESST	NHN	NHN	COLE	COLE					WOR	WOR	IOST	IOST		
2nd Warmup Session 7:25am - 7:50am																				
Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1					Lane 6	Lane 5	Lane 4	Lane 3		
NORP	TWNL	WNDR	SMW	BMST	WLW	WLW	BRLD	BRLD	STG	STG					FF	FF	FCR	FCR		
						CPS			TNW	CLC					BFST				TTS	
3rd Warmup Session 7:50am - 8:15am																				
Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1					Lane 6	Lane 5	Lane 4	Lane 3		
SCST	FOST	SHEN	FMKP	SCO	ORN	SCR	MBW	RS	BB	GLF					WLH	WLH	DFV	DFV		
HWD	NSST	LIV	WIMB	OCV	SCF	WIN	RAVE									CHRC				BREN
4TH Warmup Session 8:15am - 8:40am																				
Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1					Lane 6	Lane 5	Lane 4	Lane 3		
NPT	KWD	HST	GTR	WLM	WIE	WLR	STC	HVL	KNGR	GWf					COPP	BRY	BSST	TOM		
LWF	FCST	CGC	CBST	LOE	CYPR	CLE	GLEN	COLS	MNW	TVG					VGO	WHST	HMR	CYM		
RVX	PWF	NAV	LDLB	EMC	CYP	CYC	BCB													

DAY 2 - SUNDAY JUNE 30TH, 2019

Lane 11
Lane 10
Lane 9
Lane 8
Lane 7
Lane 6
Lane 5
Lane 4
Lane 3
Lane 2
Lane 1

BULKHEAD
25YD START END

-----> -----> -----> -----> One Way Starts / Dives From Bulkhead 10 & Under	LANE 1
-----> -----> -----> ----->	LANE 2
	LANE 3
	LANE 4
	LANE 5
	LANE 6
<----- <----- <----- <----- One Way Starts / Dives From 10 & Up Start End	LANE 7
<----- <----- <----- <-----	LANE 8

1st Warmup Session 7:00am - 7:25am																		
Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1					Lane 6	Lane 5	Lane 4	Lane 3
PF JVS	STG JVS	STG	FF	FF	ESST	ESST	NHN	NHN	COLE	COLE					WOR	WOR	IOST	IOST
2nd Warmup Session 7:25am - 7:50am																		
Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1					Lane 6	Lane 5	Lane 4	Lane 3
NORP	TWNL	WNDR	SMW	BMST BFST	WLH	BB	BRLD STC	BRLD	GLF	DFV					WLW WLR	WLW	FCR	FCR NSST NPT
3rd Warmup Session 7:50am - 8:15am																		
Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1					Lane 6	Lane 5	Lane 4	Lane 3
CYM FMKP	WIE BCB	SHEN MNW	KNGR TNW	COPP WHST	BSST WLM	WALD OCV	TOM RVX	SCO VGO	BRY WIMB	MBW					FOST TVG	SCR WIN	RS	ORN TTS
4TH Warmup Session 8:15am - 8:40am																		
Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1					Lane 6	Lane 5	Lane 4	Lane 3
CLC CBST	CHCR EMC	LIV FCST	KWD GWF	CPS LOE	CYP PWF	CYC SCF	NAV HWD	HST NOR	GTR RAVE	CYPR LDLB					BREN CLE	LWF SCST	GLEN HMR	COLS HVL