



## Sunday Warm-Up Schedule

After event #30, there will be a 15 minute break allowing the 11 & Ups to warm-up. Please use your assigned lanes below.

### Sunday, June 4th

#### 1ST First warmups 8:00am-8:15am (Meet starts at 9:45am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BRLD	BRLD	BRLD	BRLD	BRLD	BRLD	BRLD	BRLD

#### 2ND Second warmups 8:15 am-8:30 am (Meet starts at 9:45am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BMST	BMST	BMST	COLE BMST	COLE	COLE	COLE	COLE

#### 3RD Third warmups 8:30 am -8:45 am (Meet starts at 9:45am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
FAST	FAST	FOST	FOST	FOST	OCV PWF	WIE	WIMB WLM

#### 4TH Fourth warmups 8:45 am - 9:00 am (Meet starts at 9:45am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SCO	SCO	CLC	TWNL	TWNL	TWNL	TWNL	TWNL

#### 5TH Fifth warmups 9:00am - 09:15 am (Meet starts at 9:45am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
JVS	JVS	JVS	JVS	MNW	MNW	MNW	CLE

#### 6th Warmups 9:15-9:30am (Meet Starts at 9:45am)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HWD	HUNT	NORP	NORP	KWD	LWF	NSST	TNW

**Monday, June 5th****1ST First warmups 1:00pm-1:15pm (Meet starts at 2:45pm)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BRLD	BRLD	BRLD	BRLD	BMST	BMST	BMST	BMST

**2ND Second warmups 1:15 pm-1:30 pm (Meet starts at 2:45pm)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
COLE	COLE	COLE	COLE	COLE	FAST	FAST	FAST

**3RD Third warmups 1:30 -1:45 pm (Meet starts at 2:45pm)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TWNL	TWNL	TWNL	TWNL	TWNL	FOST	FOST	FOST

**4TH Fourth warmups 1:45 pm - 2:00 pm (Meet starts at 2:45pm)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
JVS	JVS	MNW	MNW	CLC	CLE	CLE	HWD KWD

**5TH Fifth warmups 2:00 pm - 02:15 pm (Meet starts at 2:45pm)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WIE	WIE	WIE	NORP	NORP	NORP	NSST	NSST

**6th Warmups 2:15-2:30 pm (Meet Starts at 2:45pm)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PWF	PWF	SCO	SCO	TNW	TNW	LWF WLM	OCV WIMB

## TIMING ASSIGNMENTS

*Teams not listed please have timers ready to fill in as needed for all sessions in attendance.  
All lanes require 2 timers. 1st Timer to operate a stopwatch and a plunger. 2nd Timer to operate a stopwatch & scribe.  
Teams are responsible for filling their timer assignments. The meet will stop until all timer chairs are filled.*

**Sunday, June 5th**

<i>LANE 1</i>	<i>LANE 2</i>	<i>LANE 3</i>	<i>LANE 4</i>	<i>LANE 5</i>	<i>LANE 6</i>	<i>LANE 7</i>	<i>LANE 8</i>
<i>BRLD</i>	<i>COLE</i>	<i>JVS</i>	<i>BMST</i>	<i>TWNL</i>	<i>FAST</i>	<i>CLE</i>	<i>KWD</i>
<i>BRLD</i>	<i>FOST</i>	<i>MNW</i>	<i>SCO</i>	<i>NORP</i>	<i>CLC</i>	<i>HUNT</i>	<i>LWF</i>

**Monday, June 6th**

<i>LANE 1</i>	<i>LANE 2</i>	<i>LANE 3</i>	<i>LANE 4</i>	<i>LANE 5</i>	<i>LANE 6</i>	<i>LANE 7</i>	<i>LANE 8</i>
<i>BMST</i>	<i>COLE</i>	<i>FOST</i>	<i>JVS</i>	<i>NSST</i>	<i>TNW</i>	<i>WLM</i>	<i>TWNL</i>
<i>BRLD</i>	<i>COLE</i>	<i>FAST</i>	<i>MNW</i>	<i>PWF</i>	<i>WIE</i>	<i>TWNL</i>	<i>SCO</i>