



## Friday PM (session 1) Warm-Up Schedule

**\*\*DOORS DO NOT OPEN UNTIL 4:30PM\*\* NO ONE IS PERMITTED INSIDE THE BUILDING UNTIL THIS TIME**

### 5:05 PM FIRST WARMUPS

LANES ARE IN THE WARMUP/DOWN POOL

| Lane 1 | Lane 2     | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8     | Lane 9 | Lane 10 | Lane 11 |
|--------|------------|--------|--------|--------|--------|--------|------------|--------|---------|---------|
| COLE   | COLE / ORN | ORN    | CPS    | NSST   | CLE    | SMW    | SMW / CYPR | BB     | WALD    | CYP     |

### 5:15 PM SECOND WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4     | Lane 5 | Lane 6 | Lane 7 | Lane 8    | Lane 9 | Lane 10 | Lane 11 |
|--------|--------|--------|------------|--------|--------|--------|-----------|--------|---------|---------|
| SCST   | SCST   | CLC    | CLC / WDFR | WDFR   | LDLB   | GLF    | GLF / HWD | ESST   | FMKP    | HMR     |

### 5:25 PM THIRD WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5     | Lane 6 | Lane 7     | Lane 8 | Lane 9 | Lane 10 | Lane 11 |
|--------|--------|--------|--------|------------|--------|------------|--------|--------|---------|---------|
| IOST   | IOST   | IOST   | WIE    | WIE / RAVE | RAVE   | CHST / GTR | FOST   | FCR    | KNGR    | PWF     |

### 5:35 PM FOURTH WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4    | Lane 5 | Lane 6 | Lane 7     | Lane 8 | Lane 9 | Lane 10 | Lane 11  |
|--------|--------|--------|-----------|--------|--------|------------|--------|--------|---------|----------|
| WOR    | WOR    | WOR    | WOR / SCO | SCO    | COPP   | COPP / VGO | VGO    | SCR    | TVG     | TNW / PF |

### 5:45 PM FIFTH WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7    | Lane 8 | Lane 9 | Lane 10 | Lane 11 |
|--------|--------|--------|--------|--------|--------|-----------|--------|--------|---------|---------|
| MNW    | MNW    | HUNT   | HUNT   | EMC    | LIV    | BCB / STG | TOM    | MBW    | WHST    | OAKS    |

**MEET STARTS AT 6:15 PM**

**ASSIGNED WARMUP TIME IS 10 MINUTES EACH.** Once the competition begins, the warmup/down pool is available. If it is being misused by the athletes/teams, the host reserves the right to close the lanes for the remainder of the session.

Coaches are to pickup their packet and deck pass at the volunteer table at the entrance to the natatorium. If you are bringing payment to the meet, you must provide payment prior to receiving your packet. Limited deck space for coaches, please sit back-to-back where possible or utilize the wall benches for additional seating.

**NO spectators are allowed ondeck** during warmups or during the competition unless timing. If you are asked to leave, please do so.



## Saturday AM (session 2) Warm-Up Schedule

**\*\*DOORS DO NOT OPEN UNTIL 7:00AM\*\* NO ONE IS PERMITTED INSIDE THE BUILDING UNTIL THIS TIME**

### 7:30 AM FIRST WARMUPS

LANES ARE IN THE WARMUP/DOWN POOL

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5   | Lane 6 | Lane 7 | Lane 8     | Lane 9 | Lane 10 | Lane 11 |
|--------|--------|--------|--------|----------|--------|--------|------------|--------|---------|---------|
| COLE   | COLE   | HMR    | CLE    | TNW / PF | MBW    | SCR    | KNGR / HWD | TOM    | TOM     | STG     |

### 7:40 AM SECOND WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8     | Lane 9 | Lane 10   | Lane 11 |
|--------|--------|--------|--------|--------|--------|--------|------------|--------|-----------|---------|
| SCST   | SCST   | BB     | BB     | WALD   | WALD   | GLF    | GLF / FMKP | EMC    | EMC / PWF | PWF     |

### 7:50 AM THIRD WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8      | Lane 9 | Lane 10   | Lane 11 |
|--------|--------|--------|--------|--------|--------|--------|-------------|--------|-----------|---------|
| IOST   | IOST   | IOST   | IOST   | CLC    | CLC    | RAVE   | RAVE / OAKS | VGO    | VGO / GTR | LDLB    |

### 8:00 AM FOURTH WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4    | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10   | Lane 11 |
|--------|--------|--------|-----------|--------|--------|--------|--------|--------|-----------|---------|
| WOR    | WOR    | WOR    | WOR / WIE | WIE    | COPP   | COPP   | WHST   | CPS    | CPS / BCB | BCB     |

### 8:10AM FIFTH WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5      | Lane 6 | Lane 7 | Lane 8     | Lane 9 | Lane 10 | Lane 11 |
|--------|--------|--------|--------|-------------|--------|--------|------------|--------|---------|---------|
| SCO    | SCO    | HUNT   | HUNT   | HUNT / WDFR | WDFR   | LIV    | LIV / CYPR | SMW    | SMW     | FOST    |

### 8:20 AM SIXTH WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6     | Lane 7 | Lane 8    | Lane 9 | Lane 10 | Lane 11 |
|--------|--------|--------|--------|--------|------------|--------|-----------|--------|---------|---------|
| ESST   | ESST   | TVG    | TVG    | MNW    | MNW / CHST | FCR    | FCR / CYP | NSST   | ORN     | ORN     |

**MEET STARTS AT 8:45 AM**

**ASSIGNED WARMUP TIME IS 10 MINUTES EACH. Once the competition begins, the warmup/down pool is available. If it is being misued by the athletes/teams, the host reserves the right to close the lanes for the remainder of the session.**

Coaches are to pickup their packet and deck pass at the volunteer table at the entrance to the natatorium. If you are brining payment to the meet, you must provide payment prior to recieving your packet. Limited deck space for coaches, please sit back-to-back where possible or utilize the wall benches for additional seating.

**NO spectators are allowed ondeck during warmups or during the competition unless timing. If you are asked to leave, please do so.**



## Saturday PM (session 3) Warm-Up Schedule

### 12:50 PM FIRST WARMUPS

LANES ARE IN THE WARMUP/DOWN POOL

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7    | Lane 8 | Lane 9 | Lane 10   | Lane 11 |
|--------|--------|--------|--------|--------|--------|-----------|--------|--------|-----------|---------|
| FCR    | FCR    | FCR    | FMKP   | FMKP   | PWF    | PWF / STG | STG    | WOR    | WOR / SCO | SCO     |

### 1:00 PM SECOND WARMUPS

| Lane 1    | Lane 2 | Lane 3 | Lane 4     | Lane 5 | Lane 6 | Lane 7 | Lane 8      | Lane 9 | Lane 10 | Lane 11 |
|-----------|--------|--------|------------|--------|--------|--------|-------------|--------|---------|---------|
| GLF / VGO | GLF    | GLF    | TNW / RAVE | COLE   | COLE   | COLE   | COLE / FOST | LIV    | HWD     | COLE    |

### 1:10 PM THIRD WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8     | Lane 9     | Lane 10 | Lane 11 |
|--------|--------|--------|--------|--------|--------|--------|------------|------------|---------|---------|
| IOST   | IOST   | IOST   | EMC    | ORN    | ORN    | SCR    | SCR / OAKS | WALD / CYP | CLC     | IOST    |

### 1:20 PM FOURTH WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8      | Lane 9 | Lane 10 | Lane 11    |
|--------|--------|--------|--------|--------|--------|--------|-------------|--------|---------|------------|
| SMW    | SMW    | SMW    | LDLB   | LDLB   | SCST   | SCST   | SCST / KNGR | MNW    | COPP    | COPP / WIE |

### 1:30 PM FIFTH WARMUPS

| Lane 1     | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6    | Lane 7 | Lane 8 | Lane 9 | Lane 10    | Lane 11 |
|------------|--------|--------|--------|--------|-----------|--------|--------|--------|------------|---------|
| TOM / NSST | TOM    | TOM    | ESST   | ESST   | ESST / BB | BB     | MBW    | WHST   | WHST / CLE | CLE     |

### 1:40 PM SIXTH WARMUPS

| Lane 1      | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7    | Lane 8 | Lane 9 | Lane 10 | Lane 11 |
|-------------|--------|--------|--------|--------|--------|-----------|--------|--------|---------|---------|
| WDFR / CHTS | WDFR   | WDFR   | HUNT   | HUNT   | TVG    | TVG / BCB | HMR    | GTR    | CYPR    | CPS     |

## MEET STARTS AT 2:15 PM

**ASSIGNED WARMUP TIME IS 10 MINUTES EACH.** Once the competition begins, the warmup/down pool is available. If it is being misused by the athletes/teams, the host reserves the right to close the lanes for the remainder of the session.

Coaches are to pickup their packet and deck pass at the volunteer table at the entrance to the natatorium. Limited deck space for coaches, please sit back-to-back where possible or utilize the wall benches for additional seating.

**NO spectators are allowed ondeck** during warmups or during the competition unless timing. If you are asked to leave, please do so.



## Sunday AM (session 4) Warm-Up Schedule

**\*\*DOORS DO NOT OPEN UNTIL 7:00AM\*\* NO ONE IS PERMITTED INSIDE THE BUILDING UNTIL THIS TIME**

### 7:30 AM FIRST WARMUPS

LANES ARE IN THE WARMUP/DOWN POOL

| Lane 1 | Lane 2     | Lane 3         | Lane 4 | Lane 5    | Lane 6 | Lane 7    | Lane 8     | Lane 9 | Lane 10   | Lane 11 |
|--------|------------|----------------|--------|-----------|--------|-----------|------------|--------|-----------|---------|
| COLE   | COLE / HMR | CLE / TNW / PF | TOM    | TOM / MBW | MBW    | SCR / STG | KNGR / HWD | PWF    | PWF / GTR | CPS     |

### 7:40 AM SECOND WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10   | Lane 11 |
|--------|--------|--------|--------|--------|--------|--------|--------|--------|-----------|---------|
| SCST   | SCST   | SCST   | BB     | BB     | WALD   | WALD / | EMC    | GLF    | GLF / CYP | LDLB    |

### 7:50 AM THIRD WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5     | Lane 6 | Lane 7 | Lane 8     | Lane 9 | Lane 10 | Lane 11 |
|--------|--------|--------|--------|------------|--------|--------|------------|--------|---------|---------|
| IOST   | IOST   | IOST   | CLC    | CLC / OAKS | RAVE   | WIE    | WIE / FMKP | BDB    | IOST    | IOST    |

### 8:00 AM FOURTH WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7      | Lane 8 | Lane 9 | Lane 10    | Lane 11 |
|--------|--------|--------|--------|--------|--------|-------------|--------|--------|------------|---------|
| WOR    | WOR    | WOR    | VGO    | COPP   | COPP   | COPP / WHST | WHST   | FOST   | FOST / HMR | WOR     |

### 8:10AM FIFTH WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8     | Lane 9 | Lane 10 | Lane 11 |
|--------|--------|--------|--------|--------|--------|--------|------------|--------|---------|---------|
| SCO    | SCO    | HUNT   | HUNT   | WDFR   | WDFR   | LIV    | LIV / CYPR | SMW    | SMW /   | EMC     |

### 8:20 AM SIXTH WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6     | Lane 7 | Lane 8 | Lane 9 | Lane 10    | Lane 11 |
|--------|--------|--------|--------|--------|------------|--------|--------|--------|------------|---------|
| ESST   | ESST   | TVG    | TVG    | MNW    | MNW / CHST | FCR    | FCR    | NSST   | NSST / ORN | ORN     |

**MEET STARTS AT 8:45 AM**

**ASSIGNED WARMUP TIME IS 10 MINUTES EACH.** Once the competition begins, the warmup/down pool is available. If it is being misused by the athletes/teams, the host reserves the right to close the lanes for the remainder of the session.

Coaches are to pickup their packet and deck pass at the volunteer table at the entrance to the natatorium. Limited deck space for coaches, please sit back-to-back where possible or utilize the wall benches for additional seating.

**NO spectators are allowed ondeck during warmups or during the competition unless timing.** If you are asked to leave, please do so.

High Point winners for 11&Ups will be presented shortly after session 4 in the commons at the PACK promo table



## Sunday PM (session 5) Warm-Up Schedule

### 12:00 PM FIRST WARMUPS

LANES ARE IN THE WARMUP/DOWN POOL

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7    | Lane 8 | Lane 9 | Lane 10   | Lane 11 |
|--------|--------|--------|--------|--------|--------|-----------|--------|--------|-----------|---------|
| FCR    | FCR    | FCR    | FMKP   | FMKP   | PWF    | PWF / CYP | STG    | WOR    | WOR / WIE | CLC     |

### 12:10 PM SECOND WARMUPS

| Lane 1    | Lane 2 | Lane 3 | Lane 4    | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 | Lane 11 |
|-----------|--------|--------|-----------|--------|--------|--------|--------|--------|---------|---------|
| GLF / VGO | GLF    | GLF    | TNW / LIV | HWD    | COLE   | COLE   | COLE   | MBW    | COLE    | COLE    |

### 12:20 PM THIRD WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6     | Lane 7 | Lane 8     | Lane 9 | Lane 10 | Lane 11 |
|--------|--------|--------|--------|--------|------------|--------|------------|--------|---------|---------|
| IOST   | IOST   | IOST   | EMC    | ORN    | WALD / BCB | SCR    | SCR / OAKS | CLE    | IOST    | IOST    |

### 12:30 PM FOURTH WARMUPS

| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6      | Lane 7 | Lane 8 | Lane 9 | Lane 10 | Lane 11 |
|--------|--------|--------|--------|--------|-------------|--------|--------|--------|---------|---------|
| SMW    | SMW    | SMW    | LDLB   | LDLB   | LDLB / KNGR | COPP   | COPP   | MNW    | SCO     | SCO     |

### 12:40 PM FIFTH WARMUPS

| Lane 1     | Lane 2 | Lane 3 | Lane 4 | Lane 5    | Lane 6 | Lane 7 | Lane 8      | Lane 9 | Lane 10 | Lane 11 |
|------------|--------|--------|--------|-----------|--------|--------|-------------|--------|---------|---------|
| TOM / NSST | TOM    | TOM    | ESST   | ESST / BB | BB     | WHST   | WHST / FOST | SCST   | SCST    | SCST    |

### 12:50 PM SIXTH WARMUPS

| Lane 1 | Lane 2 | Lane 3      | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 | Lane 11 |
|--------|--------|-------------|--------|--------|--------|--------|--------|--------|---------|---------|
| WDFR   | WDFR   | HUNT / CHTS | HUNT   | HUNT   | TVG    | TVG    | HMR    | GTR    | CYPR    | CPS     |

**MEET STARTS AT 1:15 PM**

**ASSIGNED WARMUP TIME IS 10 MINUTES EACH. Once the competition begins, the warmup/down pool is available. If it is being misused by the athletes/teams, the host reserves the right to close the lanes for the remainder of the session.**

Coaches are to pickup their packet and deck pass at the volunteer table at the entrance to the natatorium. Limited deck space for coaches, please sit back-to-back where possible or utilize the wall benches for additional seating.

**NO spectators are allowed ondeck during warmups or during the competition unless timing. If you are asked to leave, please do so.**

**High Point winners for 10&Unders and Team Awards will be presented shortly after session 5 in the commons at the PACK promo table**