

# Red, WHITE & Blue

## 2019 Invitational



Hosted by  
Cypress Fairbanks Swim Club

### FRIDAY WARM-UP ASSIGNMENTS

#### 5:00 - 5:20pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
GLEN	GLEN	GLEN CYP	NORP	NORP RAVE BCB	LOE	LOE HWD NOR	BRLD

#### 5:20 - 5:40pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
STC	STC	FF	FF WSG CPS	TWNL	DFV	BSST	CBST

#### 5:40 - 6:00pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
HST	HST EVM	NSST	NSST JVS TTS	CGC	FOST	COLE	SCST LTLH

#### 6:00 - 6:20pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
LIV	LIV LWF	OCV	OCV RF CYC	COPP	GWF OAKS	BRY COLS	NAV WIE

# SATURDAY WARM-UP ASSIGNMENTS

## 7:00-7:20am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
BRLD	BRLD	BRLD	BRLD OCV	COLE	COLE	COLE	COLE NSST

## 7:20-7:40am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SCST	SCST	SCST NOR RAVE	DFV	DFV EVM	COPP	COPP SCF CYP	CYC

## 7:40-8:00am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NORP	NORP	HST	HST BSST	FF	FF LOE	CPS	STC CGC

## 8:00-8:20am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
TWNL	TWNL	FOST	FOST TTS WIE	LWF	GLEN	BCB CBST	WSG RF

## 8:20-8:40am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
JVS	JVS LEEC	HWD	HWD OAKS	GWF	GWF COLS	LIV	LTLH NAV

# SUNDAY WARM-UP ASSIGNMENTS

## 7:00-7:20am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
GLEN	GLEN	GLEN LWF	NSST	NSST BCB	SCST	SCST CYP	RF

## 7:20-7:40am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
HST	HST	STC	STC TTS	FOST	FOST BRLD	DFV	DFV WSG RAVE

## 7:40-8:00am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NORP	NORP CPS	GWF	GWF CYC	COLE	COLE EVM	COPP	TWNL

## 8:00-8:20am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
OCV	OCV	CGC	CGC LTLH WIE	BSST	BSST HWD	JVS	CBST

## 8:20-8:40am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
LIV	LIV	LOE	LOE OAKS	FF	FF LEEC	COLS NOR	NAV SCF

# TIMING ASSIGNMENTS

## FRIDAY SESSION

### Events 1 - 8

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
GLEN	GLEN	STC	LIV	HST	FF	NORP	LOE
GLEN	STC	STC	COPP	CGC	TWNL	OCV	NSST

## SATURDAY SESSION

### Events 9 - 23

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
FOST	HWD	GWF	LWF	COPP	HST	LIV	BSST
FOST	HWD	GWF	CYC	FF	CPS	GLEN	LOE

### Events 24 - 42

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
JVS	DFV	TWNL	NORP	BRLD	BRLD	COLE	SCST
JVS	DFV	TWNL	NORP	BRLD	COLE	COLE	SCST

## SUNDAY SESSION

### Events 43 - 55

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
DFV	TWNL	RF	CYP	NAV	BSST	CGC	SCST
DFV	COPP	JVS	CBST	LWF	BSST	CGC	SCST

### Events 56 - 66

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
LIV	LIV	NSST	FOST	GWF	OCV	OCV	STC
LIV	LIV	NSST	FOST	GWF	OCV	STC	STC

### Events 67 - 80

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
GLEN	GLEN	HST	HST	FF	LOE	NORP	COLE
GLEN	GLEN	HST	FF	FF	LOE	NORP	COLE