

Sunday Warm-Up Schedule

After event #30, there will be a 30 minute break allowing the 11 & Ups to warm-up.

Sunday, June 4th **DOORS DO NOT OPEN UNTIL 7:30AM**

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TWNL & WIMB	TWNL	TWNL	TWNL	TWNL	TWNL	OCV	WLM

2ND Second warmups 8:15-8:30 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 & BMST	BMST	BMST	BMST	HUNT	HUNT

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NSST	COLE	COLE	COLE	COLE	COLE	COLE	CYPR

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
KWD	KWD & WDFR	WDFR	RS	SCO	SCO	TNW	TNW

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

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WIE	WIE	CLC	CLC	HWD	HWD & CLE	CLE	CGC & LWF

6TH Sixth 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
FOST	FOST	FOST	PWF	PWF	MNW	MNW	MNW

IMMEDIATELY After Event #30 - 11 & Up warmup assignments

1st First warmups 15 Minutes

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WLM CGC	WDFR KWD	CYPR HWD	BMST	TWNL	MNW	RS	SCO WIMB

2nd Second warmups 15 minutes

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WIE NSST	PWF OCV	TNW LWF	FOST	COLE	CLC	JVS	HUNT CLE

Please share lanes as needed

Athletes will be allowed on deck when event 30 begins and not sooner. Please line up just outside the nat doors until you are allowed inside by the safety marshal

Monday, June 5th **DOORS DO NOT OPEN UNTIL 3:30 PM**

1ST First warmups 3:45-4pm (DOORS DO NOT OPEN UNTIL 3:30 PM)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
HWD	OCV	FOST	FOST	FOST	WIE	WIE	CGC KWD

2ND Second warmups 4-4:15pm (Meet starts at 5:15pm)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CYPR NSST	NSST	COLE	COLE	COLE	COLE	TNW	TNW

3RD Third warmups 4:15-4:30pm (Meet starts at 5:15pm)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SCO	SCO HUNT	HUNT	BMST	BMST	WLM LWF	PWF	PWF

4TH Fourth warmups 4:30-4:45pm (Meet starts at 5:15pm)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RS	RS	WIMB	CLC	CLC	WDFR	MNW	MNW

5th First warmups 4:45-5pm (Meet starts at 5:15pm)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
JVS	JVS	TNWL	TNWL	TNWL	TWNL	CLE	CLE

TIMING ASSIGNMENTS

Teams not listed please have timers ready to fill in as needed for all sessions in attendance.

All lanes require 2 timers.

Teams are responsible for filling their timer assignments. The meet will not begin until ALL timing slots 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>COLE</i>	<i>BMST</i>	<i>FOST</i>	<i>SCO</i>	<i>HUNT</i>	<i>PWF</i>	<i>CLE</i>	<i>TWNL</i>
<i>COLE</i>	<i>MNW</i>	<i>JVS</i>	<i>CLC</i>	<i>WIE</i>	<i>TNW</i>	<i>WDFR</i>	<i>TWNL</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>COLE</i>	<i>BMST</i>	<i>FOST</i>	<i>SCO</i>	<i>HUNT</i>	<i>PWF</i>	<i>CLE</i>	<i>TWNL</i>
<i>COLE</i>	<i>MNW</i>	<i>JVS</i>	<i>CLC</i>	<i>WIE</i>	<i>TNW</i>	<i>RS</i>	<i>TWNL</i>