

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	GWV 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	GWFF	GWFF 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	GWFF	GWFF 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	GLEN STC	STC STC	LIV COPP	HST CGC	FF TWNL	NORP OCV	LOE NSST

SATURDAY SESSION

Events 9 - 23

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

Events 24 - 42

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

SUNDAY SESSION

Events 43 - 55

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

Events 56 - 66

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

Events 67 - 80

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