

**2023 Championship Meet Warm Up Schedule**

**Session 1  
Main Pool**

FRIDAY 15/18

Friday

LANE	0	1	2	3	4	5	6	7	8	9
A- 4:00PM	PARK	Sprint Lane	RS	SC	SC	JBRS	OPEN	CC	Sprint Lane	MR
B- 4:30 PM	EVLK	Sprint Lane	MV	NFP	OPEN	EDM	AA	DAC	Sprint Lane	RO
C- 5:00PM	BERK	Sprint Lane	HSRC	CE	CE	OPEN	FLDS	MPST	Sprint Lane	LLST

**Session 1  
Scoreboard  
Pool**

LANE	0	1	2	3	4	5	6	7	8	9
A- 4:00PM	RPRT	RPRT	FC	FC	BBM	BWBZ	OPEN	RICH	CSRC	SS
B- 4:30PM	EDGE	HM	HM	PCNM	RAYS	HW	PSST	EC	RM	OPEN
C- 5:00PM	WTTE	WTTE	OPEN	CP	CONN	CONN	OPEN	WAT	BOLT	BOLT

**Session 2  
Main Pool**

Saturday

Lane	0	1	2	3	4	5	6	7	8	9
A - 8:00AM	CSRC	Sprint Lane	MV	OPEN	PSST	PARK	OPEN	WAT	Sprint Lane	EC
B - 8:25AM	RAYS	Sprint Lane	BBM	RPRT	RPRT	WTTE	DAC	BERK	Sprint Lane	OPEN
C - 8:50AM	YMCA	Sprint Lane	BWBZ	HW	OPEN	SS	PCNM	EDGE	Sprint Lane	RICH

**Session 2  
Scoreboard  
Pool**

Lane	0	1	2	3	4	5	6	7	8	9
A - 8:00AM	SC	SC	HSRC	RO	NFP	MPST	CC	OPEN	JBRS	CP
B - 8:25AM	CE	CE	FLDS	FLDS	CONN	RS	BOLT	OPEN	RM	LLST
C - 8:50AM	FC	FC	EVLK	EVLK	OPEN	AA	MR	EDM	HM	HM

**Session 3  
Main Pool**

13/14

Lane	0	1	2	3	4	5	6	7	8	9
A - 1:30 PM	DAC	Sprint Lane	RS	SC	SC	JBRS	OPEN	RAYS	Sprint Lane	MR
B - 2:00 PM	MV	Sprint Lane	NFP	FC	FC	EDM	AA	RO	Sprint Lane	OPEN
C - 2:30 PM	OPEN	Sprint Lane	HSRC	CE	CE	EVLK	OPEN	MPST	Sprint Lane	FLDS

**Session 3  
Scoreboard  
Pool**

Lane	0	1	2	3	4	5	6	7	8	9
A - 1:30 PM	BERK	YMCA	LSST	OPEN	BWBZ	BBM	RICH	CSRC	SS	EC
B - 2:00 PM	EDGE	CC	HW	HW	RPRT	RPRT	PSST	OPEN	RM	CONN
C - 2:30 PM	PCMN	CP	HM	OPEN	PARK	WTTE	OPEN	WAT	BOLT	BOLT

**Session 4**

20 min warmup session

Sunday

Lane	0	1	2	3	4	5	6	7	8	9
A - 8:00 AM	RAYS	Sprint Lane	WTTE	WTTE	HM	HM	OPEN	FC	Sprint Lane	SS
B - 8:20 AM	PCNM	Sprint Lane	RPRT	RPRT	WAT	EC	BERK	BWBZ	Sprint Lane	CSRC
C - 8:40AM	RICH	Sprint Lane	BBM	MV	OPEN	PSST	EDGE	DAC	Sprint Lane	CONN

**Session 4  
Scoreboard**

**20 min warmup session**

Lane	0	1	2	3	4	5	6	7	8	9
A - 8:00 AM	FLDS	FLDS	LLST	OPEN	EVLK	MR	OPEN	RM	HSRC	AA
B - 8:20 AM	CE	CE	BOLT	OPEN	JBRS	CP	NFP	MPST	OPEN	PARK
C - 8:40 AM	YMCA	RS	SC	SC	RO	EDM	OPEN	CC	HW	HW

**Session 5**

Lane	0	1	2	3	4	5	6	7	8	9
A - 1:30 PM	CONN	Sprint Lane	EDGE	OPEN	MV	CC	NFP	RS	Sprint Lane	AA
B - 2:00 PM	CP	Sprint Lane	DAC	MPST	RM	OPEN	FLDS	HSRC	Sprint Lane	RO
C - 2:30 PM	RICH	Sprint Lane	JBRS	CE	CE	BWBZ	SC	SC	Sprint Lane	OPEN

**Session 5**

Lane	0	1	2	3	4	5	6	7	8	9
A - 1:30 PM	EDM	FC	FC	YMCA	EC	PARK	OPEN	PCNM	HW	BERK
B - 2:00 PM	EVLK	EVLK	BOLT	BOLT	CSRC	HM	HM	MR	OPEN	PSST
C - 2:30 PM	LSST	OPEN	SS	RPRT	RPRT	RAYS	BBM	WTTE	OPEN	WAT