

2022 Warm Up Schedule

FRIDAY

Session One	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
9:00 to 9:55 AM	Open Warm Up	Open Warm Up	Open Warm Up	Open Warm Up	Open Warm Up	Open Warm Up	Open Warm Up	Open Warm Up

Session Two	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
11:00 – 11:25 AM	VVSC	VVSC	VVSC	KCSC	KCSC	KCSC	GVR	GVR/ CCC
11:25 – 11:50 AM	GMST	GMST	PCST	PCST/ CHCC	EAST	GOLD/ GRST	BCST	WB/ CKST

SATURDAY

Session Three	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:00 – 6:25 AM	VVSC	VVSC	VVSC	PCST	PCST	GVR	KCSC	KCSC
6:25 – 6:50 AM	EAST	EAST	WB	CKST	GRST	GOLD	CCC/ GMST	BC/ CHCC

Session Four	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
10:00 – 10:25 AM	VVSC	VVSC	VVSC	KCSC	KCSC	GVR	GVR	BCST
10:25 – 10:50 AM	GMST	CHCC	CKST	EAST	PCST	WB	CCC	GRST/ GOLD