

2018 East County Invitational

Warm-up Schedule

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
06:50 to 07:10	ADS	ADS	ADS	ADS	ADS	ADS	ADS	ADS
07:10 to 07:30	BDSC	BDSC	BDSC	BDSC	BDSC	BDSC	BDSC	BDSC
07:30- To 07:50	AK	AK	AK	AK	AK	AK	AK	AK
07:50- To 08:10	CST	CST	CST	CST	GPST	GPST	GPST	GPST
08:10 to 08:30	HPST	HPST	HPST	HPST	PS	PS	PS	PS
08:30 to 08:50	BSR	BSR	BSR	BSR	AHI	AHI	AHI	AHI

AHI American Canyon

BSR Benicia Stingrays

GPST Gehringer Park Swim Team

ADS Antioch Delta Skimmers

BDSC Brentwood Dolphins Swim Club

HPST Hercules Piranhas

AK Aqua Knights

CST Crockett Swim Team

PS Pinole Seals