2017 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	AK	AK	AK	AK
07:10 to 07:30	ADS	ADS	DSC	DSC	DSC	DSC	DSC	DSC
07:30- To 07:50	FPST	FPST	FPST	FPST	FPST	FPST	FPST	FPST
07:50- To 08:10	CST	CST	CST	CST	HPST	HPST	HPST	HPST
08:10 to 08:30	PS	PS	PS	PS	PS	PS	PS	PS
08:30 to 08:50	BSR	BSR	BSR	BSR	AHI	AHI	AHI	AHI

AHI American Canyon
ADS Antioch Delta Skimmers
AK Aqua Knights
BSR Benicia Stingrays
CST Crockett Swim Team
DSC Dolphin Swim Team
FPST Forest Park Swim Team
HPST Hercules Piranhas
PS Pinole Seals