

## Friday Warm-Up Schedule

\*\*\*Friday General Warm Up 5:00 - 6:15\*\*\*

### Saturday & Sunday First Warm-up 7:30 - 8:05

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SPA	SPA	HSC	HSC/ GIST	FCST	FCST	FCST	FCST/ AQUA

### Saturday & Sunday Second Warm-up 8:10 - 8:45

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
DADS	DADS/ BRAZ	KATY	KATY	KATY/ ESA	PEAK	PEAK/ NOCH	NEHA/ SCAT

### Friday Timing Assignments

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SPA/ ESA	SPA	PEAK	KATY	KATY	DADS	DADS/ NOCH	HSC

### Saturday and Sunday Boys End

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SCAT	AQUA	SPA	KATY/ SPA	KATY	DADS	HSC	PEAK

### Saturday and Sunday Girls End

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ESA/ NOCH/ BRAZ	GIST/ SPA	SPA	KATY	DADS/ KATY	DADS	HSC	PEAK

**\*\*Swimmers in the 1500 Free must provide their own timers and lap counters**

**\*\*Swimmers in the 400 Free must provide two timers**