

Warm-ups: The afternoon sessions will not be assigned and will be general warm-ups/circle swimming in all lanes for each warm-up session. Push-pace and sprint lanes will be opened & closed as necessary by the Meet Director. The NO Diving and Slip-In Entry rules will be strictly enforced. Swimmer(s) without a coach present are to report to the Meet Director prior to warm-up for lane assignment.

Friday evening warm-ups 3:15-4:40 pm Meet start 4:50 pm

Saturday/Sunday P.M. warm-ups 12:30-1:50 pm Meet start 2:00 pm

Below are the warm-up assignments for Saturday & Sunday AM - **at 7:52 all lanes will be OPEN for ONE WAY SPRINT ONLY until 8:25.**

Saturday AM - 7:00 to 7:25 **GROUP A**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LAKE 35	MWY 26 MM 9 BASS 1	MSS 22 OCON 8 DCSD 1 TIDE 3	HSSB 15 MFSC 12 GBY 8	DFAC 18 VAC 15 TOSA 3	OSHY 11 FAST 9 GBSC 6 SCSC 11	BAC 26 SHEB 8	BAC 27 PASC 5 GCGG 2
Total per lane	35	36	34	35	36	37	34

281

Saturday AM - 7:26 to 7:51 **GROUP B**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WEST 25 J-HK 8 GDSY 1 SPDY 2	WEST 24 FCY 10 NSSC 1	EBSC 29 NBSC 6 SEAY 1	OZ 13 WRAT 17 LOO 8	SWAT 29 BAT 2 UN 1 WAT 2 CWWM 1	SSTY 21 ECY 8 BST 8	SHEB 8 SNFX 8 WAM 8 FRST 3 NLAC 6 ASC 8 CAST 4	WAVE 6 WOW 8 SHOR 10 RCSC 2 WBSC 2 MEYO 4 OCSC 4
Total per lane	36	35	36	38	35	37	37

290

SUNDAY AM - 7:00 to 7:25 **GROUP A**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WEST 24 J-HK 8 GDSY 1 SPDY 1	WEST 24 LOO 4 RCSC 2 WBSC 3	EBSC 28 NBSC 5	OZ 13 WRAT 16 FRST 2	SWAT 28 BAT 2 UN 1 CWWM 1 NLAC 1	SSTY 20 ECY 7 ASC 6	SHEB 4 SNFX 9 WAM 8 BST 8 CAST 4	WAVE 5 WOW 4 SHOR 9 FCY 9 OCSC 5
Total per lane	34	33	33	31	33	33	32

262

SUNDAY AM - 7:26 - 7:51 **GROUP B**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LAKE 35	MWY 26 GBSC 6	MSS 20 OCON 7 GCGG 2 SEAY 3	HSSB 12 MFSC 12 GBY 7	DFAC 17 VAC 14	OSHY 9 FAST 8 TOSA 2 SCSC 9	BAC 26 TIDE 4 GDSY 1	BAC 26 DCSD 1 PASC 1 LAXY 1
Total per lane	35	32	32	31	31	28	31

249