Warm-up Schedule

**Friday Afternoon (11&Over LCM) (warm-ups start at 2:40)**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1st Warm-up (2:40 – 3:00)** | | | | | | | | | |
| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 |
| MST | UVAC | JVST | SBGC | GYT | PRDE | WST | BST (12) | BST | BST |
| MST | LRW | SVST | RAYS | CONY | PRDE | GST | PWSC | BST | BST |
| **2nd Warm-up (3:00 – 3:20)** | | | | | | | | | |
| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 |
| PST | PST (12) | MKS | SSA | NCC | CS | JRS | STRM | EST | EST |
|  | BABS | ORO | HHST | BLUE | CS | JRS | CAN | EST | EST |

**Saturday Morning (11&Over LCM) (warm-ups start at 8:00)**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1st Warm-up (8:00-8:20)** | | | | | | | | | |
| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 |
| MST | MST | UVAC | JVST | STRM | JRS | JRS | EST | EST | EST |
| MST | UVAC | UVAC | JVST | STRM | JRS | JRS | EST | EST | EST |
| **2nd Warm-up (8:20-8:40)** | | | | | | | | | |
| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 |
| SSA | RAYS | BABS | PWSC | CS | CS | WST | BST | BST | BST |
| SSA | HHST | LRW | BLUE | CS | CS | WST | BST | BST | BST |
| **3rd Warm-up (8:40-9:00)** | | | | | | | | | |
| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10 |
| PRDE | PRDE | ORO | MKS | SBGC | NCC | CAN | GYT | PST | PST |
| PRDE | PRDE | CONY | MKS | SBGC | NCC | GST | SVST | PST | PST |

**Sunday Morning (10&Under SCY) (warm-ups start at 7:30)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **1st Warm-up (7:30-7:45) (Start and Finish at STREET SIDE)** | | | | | | | |
| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
| BST | BST | BST | SBGC | JVST | JVST | JVST | WST |
| BST | BST | BST | SBGC | JVST | JVST | JVST | WST |
| **2nd Warm-up (7:45-8:00) (Start and Finish at PARKING FIELD SIDE)** | | | | | | | |
| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
| EST | EST | MKS | MKS (6) | GYT | GYT (7) | BLUE | PST |
| EST | EST | MKS | CS | GYT | CAN | BLUE | PST |
| **3rd Warm-up (8:00-8:15) (Start and Finish at STREET SIDE )** | | | | | | | |
| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
| ORO | ORO (3) | PWSC | JRS | HHST | HHST | STRM | CAN |
| ORO | LRW | GST | JRS | HHST | STRM | STRM | BABS |
| **4th Warm-up (8:15-8:30) (Start and Finish at PARKING FIELD SIDE)** | | | | | | | |
| Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
| MST/SSA | SVST | NCC | NCC | PRDE | PRDE | RAYS | RAYS |
| UVAC | CONY | NCC | NCC | PRDE | PRDE | RAYS | RAYS |