

WARM-UP SCHEDULE



Session 1 – Friday 400s POSITIVE CHECK-IN CLOSES 11:20 * SWIMMERS PROVIDE TIMERS *

11:00 – 11:20 General Warm-ups Open Lanes

BSC	CBR	CVAC	DCAA	EAAC	FSA	HHAA	LAC	LANY	UN
-----	-----	------	------	------	-----	------	-----	------	----

11:20– 11:40 General Warm-ups Open Lanes

LIFE	MSA	NPAC	ORCA	PAAC	PWAC	RAC	SKY	SSC	TOPS	UDAC	YCM	RY
------	-----	------	------	------	------	-----	-----	-----	------	------	-----	----

11:40 – 11:55

Outside Lanes 1, 2, 7, 8 Pacing

Inside Lanes 3, 4, 5, 6 Starts

Session 2 – Friday 13 & Over SCRATCH SHEETS DUE 3:35

3:00 – 3:20 General Warm-ups Open Lanes

BSC	CAP	CBR	CVAC	DST	DCAA
-----	-----	-----	------	-----	------

3:20 – 3:40 General Warm-ups Open Lanes

EAAC	FSA	HHAA	LAC	LANY	LIFE	MSA	NPAC	ORCA	PAAC	PWAC
------	-----	------	-----	------	------	-----	------	------	------	------

3:40 – 4:00 General Warm-ups Open Lanes

SKY	SSC	TOPS	UDAC	WA	YCM	RY
-----	-----	------	------	----	-----	----

4:00 – 4:10

Lanes 1 & 8 General Warm-ups

Lanes 2 – 7 Starts

Session 3 – Saturday 12 & Under SCRATCH SHEETS DUE 6:50

6:45 – 7:00 General Warm-ups Open Lanes

BSC	CAP	CBR	CVAC	DST	DCAA	EAAC	FSA	HHAA	LAC	LANY
-----	-----	-----	------	-----	------	------	-----	------	-----	------

7:00 – 7:15 General Warm-ups Open Lanes

LIFE	MSA	NPAC	ORCA	PAAC	PWAC	SKY	SSC	UN	UDAC	WA	YCM	RY
------	-----	------	------	------	------	-----	-----	----	------	----	-----	----

7:15 – 7:25

Lanes 1 & 8 General Warm-ups

Lanes 2 – 7 Starts

Session 4 – Saturday 15 & Over SCRATCH SHEETS DUE 11:15

11:00 – 11:20 General Warm-ups Open Lanes

BSC	CAP	CBR	CVAC	DST	DCAA	EAAC	FSA	HHAA	LAC
-----	-----	-----	------	-----	------	------	-----	------	-----

11:20 – 11:40 General Warm-ups Open Lanes

LANY	LMAC	MSA	NPAC	ORCA	PAAC	PWAC	SKY	SSC	TOPS	UN	UDAC	WA	YCM	RY
------	------	-----	------	------	------	------	-----	-----	------	----	------	----	-----	----

11:40 – 11:50

Lanes 1 & 8 General Warm-ups

Lanes 2 – 7 Starts

WARM-UP SCHEDULE



Session 4D – 800 Freestyle POSITIVE CHECK-IN CLOSES 2:30

SWIMMERS PROVIDE TIMERS/COUNTERS

2:30 – 2:50 General Warm-ups Open Lanes

2:50 – 2:55 Pacing Lanes 1, 2, 7, 8

Starts Lanes 3 – 6

Session 5 – Saturday 13-14s SCRATCH SHEETS DUE 5:20

5:15 – 5:30 General Warm-ups All Lanes

BSC	CAP	CBR	CVAC	DST	DCAA	EAAC	FSA	HHAA	LAC	LANY	LIFE	LMAC
-----	-----	-----	------	-----	------	------	-----	------	-----	------	------	------

5:30 – 5:45 General Warm-ups All Lanes

MSA	NPAC	ORCA	PAAC	PWAC	SKY	SSC	TOPS	UDAC	WA	YCM	RY
-----	------	------	------	------	-----	-----	------	------	----	-----	----

5:45 – 5:55

Lanes 1 & 8 General Warm-ups

Lanes 2 – 7 Starts

Session 6 – Sunday 9-12s SCRATCH SHEETS DUE 6:50

6:45 – 7:00 General Warm-ups All Lanes

LMAC	MSA	NPAC	ORCA	PAAC	PWAC	SKY	SSC	UN	UDAC
WA	YCM	RY							

7:00 – 7:15 General Warm-ups All Lanes

BSC	CAP	CBR	CVAC	DST	DCAA	EAAC	FSA	HHAA	LAC	LANY	LIFE
-----	-----	-----	------	-----	------	------	-----	------	-----	------	------

7:15 – 7:25

Lanes 1 & 8 General Warm-ups

Lanes 2 – 7 Starts

Session 7 – Sunday 15&over SCRATCH SHEETS DUE 11:35

11:20 – 11:40 General Warm-ups Open Lanes

LANY	LMAC	MSA	NPAC	ORCA	PAAC	PWAC	SKY	SSC	TOPS
UDAC	WA	YCM	RY						

11:40 – 12:00 General Warm-ups Open Lanes

BSC	CAP	CBR	CVAC	DST	DCAA	EAAC	FSA	HHAA	LAC
-----	-----	-----	------	-----	------	------	-----	------	-----

12:00 – 12:10

Lanes 1 & 8 General Warm-ups

Lanes 2 – 7 Starts

Session 8 - Sunday 13-14s SCRATCH SHEETS DUE 3:30

3:15 – 3:35 General Warm-ups Open Lanes

LMAC	MSA	NPAC	ORCA	PAAC	PWAC	RAC	SKY	SSC	TOPS
UN	UDAC	WA	YCM	RY					

3:35 – 3:55 General Warm-ups Open Lanes

BSC	CAP	CBR	CVAC	DST	DCAA	EAAC	FSA	HHAA	LAC	LANY	LIFE
-----	-----	-----	------	-----	------	------	-----	------	-----	------	------

3:55 – 4:05

Lanes 1 & 8 General Warm-ups

Lanes 2 – 7 Starts