

Warm-Up Schedule

Wednesday Warm-Up-3:00 – 7:00 pm (8 Short Course Lanes Available, First Come/First Serve)

Group A-7:00 – 7:40 Thursday & Saturday; 7:40 – 8:20 Friday & Sunday

Group B-7:40 – 8:20 Thursday & Saturday; 7:00 – 7:40 Friday & Sunday

Controlled Warm-Up 8:20 – 8:50 All Days

10 & Under Warm-Up-45 Minutes Total At Conclusion of 11 & Older Prelim Session Friday, Saturday & Sunday; 1st 30 minutes is general warm-up, last 15 minutes is controlled warm-up; 8 lane diving well will be available for general warm-up entire 45 minutes

Thursday

Group “A”

Group “B”

LONG COURSE COMPETITION POOL

Lane 1-BD
Lane 2-SYS
Lane 3-SYS
Lane 4-SWIM, CBS, HTA
Lane 5-CFM, PS
Lane 6-GSC, YCF
Lane 7-LA, CCS
Lane 8-PA, NRG

Lane 1-SRQ, SA, NBT, NFS, PPST
Lane 2-T2, TCA, PSA
Lane 3-STAR, CVST, NOLE, RATS
Lane 4-STAR, CVST, NOLE, RATS
Lane 5-ATAC, GCST
Lane 6-EAJ, DBS
Lane 7-GTSA, TPA
Lane 8-SPA, PYP, EAST

DIVING WELL POOL

Lane 1-TBAY, STRM, FSLA, WIN
Lane 2-TBAY, STRM, FSLA, WIN
Lane 3-TBAY, STRM, FSLA, WIN
Lane 4-TBAY, STRM, FSLA, WIN
Lane 5-TCSC, BERK, WVKW
Lane 6-TCSC, BERK, WVKW
Lane 7-DOLF, YFFC, NTCA, BW, LAS, SAST
Lane 8-DOLF, YFFC, NTCA, BW, LAS, SAST

Lane 1-WFLA, AAC
Lane 2-WFLA, AAC
Lane 3-TV, CAT, BAC
Lane 4-TV, CAT, BAC
Lane 5-BSS, FE, HIGH, SC, TYS, SEA
Lane 6-BSS, FE, HIGH, SC, TYS, SEA
Lane 7-BSS, FE, HIGH, SC, TYS, SEA
Lane 8-BSS, FE, HIGH, SC, TYS, SEA

Friday

Group "A"

Group "B"

LONG COURSE COMPETITION POOL

Lane 1-TBAY, STRM, FSLA, WIN
Lane 2-TBAY, STRM, FSLA, WIN
Lane 3-TCSC, BERK, WVKW
Lane 4-DOLF, YFFC, NTCA, BW, LAS, SAST
Lane 5-BD
Lane 6-SYS
Lane 7-SYS
Lane 8-SWIM, CBS, HTA

Lane 1-WFLA, AAC
Lane 2-TV, CAT, BAC
Lane 3-BSS, FE, HIGH, SC, TYS, SEA
Lane 4-BSS, FE, HIGH, SC, TYS, SEA
Lane 5-SRQ, SA, NBT, NFS, PPST
Lane 6-T2, TCA, PSA
Lane 7-STAR, CVST, NOLE, RATS
Lane 8-STAR, CVST, NOLE, RATS

DIVING WELL POOL

Lane 1-CFM, PS
Lane 2-CFM, PS
Lane 3-GSC, YCF
Lane 4-GSC, YCF
Lane 5-LA, CCS
Lane 6-LA, CCS
Lane 7-PA, NRG
Lane 8-PA, NRG

Lane 1-ATAC, GCST
Lane 2-ATAC, GCST
Lane 3-EAJ, DBS
Lane 4-EAJ, DBS
Lane 5-GTSA, TPA
Lane 6-GTSA, TPA
Lane 7-SPA, PYP, EAST
Lane 8-SPA, PYP, EAST

10 & Under Warm-Up

LONG COURSE COMPETITION POOL

Lane 1-GCST, CBS, CAT, HTA, PSA, SCAT, SPA, STA, RATS, KSA, LSA
Lane 2-ATAC, T2, WFLA, PYP, BERK
Lane 3-SWIM, GSC, LA, AAC
Lane 4-SYS, PA
Lane 5-STAR, CFM, GTSA
Lane 6-TBAY, PS, SRQ, TV, HIGH
Lane 7-EAJ, CVST, DBS, TPA, YCF, BAC, BW, FSLA
Lane 8-BSS, YFFC, WIN, TCA, TYS, LAS, DOLF, MACG, NFS, PPST, SEA, SA, TST, TCSC

Saturday

Group "A"

Group "B"

LONG COURSE COMPETITION POOL

Lane 1-CFM, PS	Lane 1-ATAC, GCST
Lane 2-GSC, YCF	Lane 2-EAJ, DBS
Lane 3-LA, CCS	Lane 3-GTSA, TPA
Lane 4-PA, NRG	Lane 4-SPA, PYP, EAST
Lane 5-TBAY, STRM, FSLA, WIN	Lane 5-WFLA, AAC
Lane 6-TBAY, STRM, FSLA, WIN	Lane 6-TV, CAT, BAC
Lane 7-TCSC, BERK, WVKW	Lane 7-BSS, FE, HIGH, SC, TYS, SEA
Lane 8-DOLF, YFFC, NTCA, BW, LAS, SAST	Lane 8- BSS, FE, HIGH, SC, TYS, SEA

DIVING WELL POOL

Lane 1-BD	Lane 1-SRQ, SA, NBT, NFS, PPST
Lane 2-BD	Lane 2-SRQ, SA, NBT, NFS, PPST
Lane 3-SYS	Lane 3-T2, TCA, PSA
Lane 4-SYS	Lane 4-T2, TCA, PSA
Lane 5-SYS	Lane 5-STAR, CVST, NOLE, RATS
Lane 6-SYS	Lane 6-STAR, CVST, NOLE, RATS
Lane 7-SWIM, CBS, HTA	Lane 7-STAR, CVST, NOLE, RATS
Lane 8-SWIM, CBS, H TA	Lane 8-STAR, CVST, NOLE, RATS

10 & Under Warm-Up

LONG COURSE COMPETITION POOL

Lane 1-GCST, CBS, CAT, HTA, PSA, SCAT, SPA, STA, RATS, KSA, LSA
Lane 2-ATAC, T2, WFLA, PYP, BERK
Lane 3-SWIM, GSC, LA, AAC
Lane 4-SYS, PA
Lane 5-STAR, CFM, GTSA
Lane 6-TBAY, PS, SRQ, TV, HIGH
Lane 7-EAJ, CVST, DBS, TPA, YCF, BAC, BW, FSLA
Lane 8-BSS, YFFC, WIN, TCA, TYS, LAS, DOLF, MACG, NFS, PPST, SEA, SA, TST, TCSC

Sunday

Group "A"

Group "B"

LONG COURSE COMPETITION POOL

Lane 1-BD
Lane 2-SYS
Lane 3-SYS
Lane 4-SWIM, CBS, HTA
Lane 5-CFM, PS
Lane 6-GSC, YCF
Lane 7-LA, CCS
Lane 8-PA, NRG

Lane 1-SRQ, SA, NBT, NFS, PPST
Lane 2-T2, TCA, PSA
Lane 3-STAR, CVST, NOLE, RATS
Lane 4-STAR, CVST, NOLE, RATS
Lane 5-ATAC, GCST
Lane 6-ATAC, GCST
Lane 7-GTSA, TPA
Lane 8-SPA, PYP, EAST

DIVING WELL POOL

Lane 1-TBAY, STRM, FSLA, WIN
Lane 2-TBAY, STRM, FSLA, WIN
Lane 3-TBAY, STRM, FSLA, WIN
Lane 4-TBAY, STRM, FSLA, WIN
Lane 5-TCSC, BERK, WVKW
Lane 6-TCSC, BERK, WVKW
Lane 7-DOLF, YFFC, NTCA, BW, LAS, SAST
Lane 8-DOLF, YFFC, NTCA, BW, LAS, SAST

Lane 1-WFLA, AAC
Lane 2-WFLA, AAC
Lane 3-TV, CAT, BAC
Lane 4-TV, CAT, BAC
Lane 5-BSS, FE, HIGH, SC, TYS, SEA
Lane 6-BSS, FE, HIGH, SC, TYS, SEA
Lane 7-BSS, FE, HIGH, SC, TYS, SEA
Lane 8-BSS, FE, HIGH, SC, TYS, SEA

10 & Under Warm-Up

LONG COURSE COMPETITION POOL

Lane 1-GCST, CBS, CAT, HTA, PSA, SCAT, SPA, STA, RATS, KSA, LSA
Lane 2-ATAC, T2, WFLA, PYP, BERK
Lane 3-SWIM, GSC, LA, AAC
Lane 4-SYS, PA
Lane 5-STAR, CFM, GTSA
Lane 6-TBAY, PS, SRQ, TV, HIGH
Lane 7-EAJ, CVST, DBS, TPA, YCF, BAC, BW, FSLA
Lane 8-BSS, YFFC, WIN, TCA, TYS, LAS, DOLF, MACG, NFS, PPST, SEA, SA, TST, TCSC