

## TEAM WARM-UP ASSIGNMENTS FOR PRELIMS

FRIDAY AM							SATURDAY AM					
CHECK-IN 7:50AM; START 8:35AM							Check-in 7:50AM; Start 8:35AM					
3 WARMUPS							3 WARMUPS					
7:15AM		7::40AM		8:05AM			7:15AM		7:40AM		8:05AM	
	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE
L1	RBY	LHY	PAA	WFY	SCAR-N	MCSC	SVY	SHY	RBY	TS	CAT	WFY
L2	RBY	LHY	PAA	WFY	SCAR-N	MCSC	SVY	SHY	RBY	TS	CAT	WFY
L3	RBY	LHY	PAA	WFY	EEX	SCAR-E	SVY	SHY/SWAC	RBY	TS/STAC	CAT	WFY
L4	RBY	LHY/SVY	SHY	SCAR-R	EEX	SCAR-E/SWAC	SVY/EAG	JFAC	RBY	SCAR-N	CAT	XCEL
L5	CAT	SVY	SHY	SCAR-B	EEX	CJAC	LHY	JFAC/HACY	RBY/ACE	SCAR-N	EEX	XCEL/WW
L6	CAT	SVY	SHY	MB/JG	TS	CJAC/MAY	LHY	RANY	PAA	SCAR-R	EEX	MCSC
L7	CAT	SVY	XCEL	SRAY/CBGC	TS	RANY	LHY	WEST	PAA	SCAR-B	EEX	MCSC
L8	CAT	SVY	XCEL	TWST/WEST	TS	MYM	LHY	MB	PAA	SCAR-E	MYM/RVYM	CJAC
D-C	XXX	CCC/PTAC	XXX	SAKA/STAC	XXX	JFAC	XXX	SRAY	XXX	SCAR-E/SCY	XXX	CJAC/STAC
D-B	XXX	WAVE/FOBY	XXX	MEY/RVYM	XXX	WW/CCC/SCY	XXX	CBGC	XXX	TWST/JG	XXX	WY/NJB
D-A	XXX	NJBL/NJB	XXX	HACY/BB/EAG	XXX	ALL OTHERS	XXX	MEY	XXX	SAKA/BB	XXX	ALL OTHERS

\*Friday AM 500 swimmers need their own timers and lap counters

*Twenty-five minute warmup sessions; five minute of sprints are included in each session*

**THE COMPETITION POOLS WILL BE OPEN FOR WARM-UP FOR THE 1000's and 1650's AFTER PRELIMS**

**THE COMPETITION POOLS WILL BE OPEN FOR WARMUP FOR PM FINALS**  
 Finals will start at 6:05PM on Friday & Saturday;  
 6:20PM on Sunday

*Swimmers provides a timer and a lap counter*  
 1000's not before noon  
 1650's not before noon

## TEAM WARM-UP ASSIGNMENTS FOR TIMED FINALS FOR 12/UNDERS

FRIDAY 12/UNDERS					SAT. 12/UNDERS			
CHECK-IN BY 1:55PM					CHECK-IN BY 1:55PM			
START AT 2:30PM					START AT 2:30PM			
1:35PM		2:00PM			1:35PM		2:00PM	
	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE
L1	MCSC/CJAC	RBY	JFAC	PAA	CAT	LHY	STAC	RBY
L2	WAVE/SCY	RBY	PTAC	PAA	CAT	LHY	PTAC	RBY
L3	MYM/SWAC	RBY/JHY	ACE	TS	WFY	LHY/RVYM	EEX	RBY/FOBY
L4	RANY/HACY	LHY	SCAR-E	TS	WFY	PAA	EEX/SCY	WAVE
L5	WY/JG	LHY	EEX	SHY	SVY	PAA/SAKA	SCAR-R	MYM
L6	SCAR-B	WFY	SCAR-R	SHY/NJRC	SVY	SHY	XCEL	RANY
L7	WEST	WFY	SCAR-N	TWST/FOBY	WEST	SHY/EAG/MEY	MCSC	SCAR-E
L8	STAC	CAT	XCEL	SAKA/EAG	WEST/NJBL	TS	ACE	WY/JG
D-C	XXX	CAT	XXX	MAY/RVYM	XXX	TS/SCAR-B	XXX	CBGC/TWST
D-B	XXX	SVY	XXX	CBGC/MEY	XXX	SCAR-N	XXX	CJAC/MAY
D-A	XXX	SVY	XXX	ALL OTHERS	XXX	JFAC	XXX	ALL OTHERS

H  
O  
L  
I  
D  
A  
Y  
C  
L  
A  
S  
S  
I  
C  
  
XXXI



## TEAM WARM-UP ASSIGNMENTS FOR PRELIMS

SUNDAY AM						
Check-in 10:25AM; Start 11:00AM						
3 WARMUPS						
9:40AM		10:05AM		10:30AM		
	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE
L1	SCAR-N	PAA	LHY	RANY	RBY	CAT
L2	SCAR-N	PAA	LHY	MYM	RBY	CAT
L3	SCAR-E	PAA	LHY	MEY	RBY	CAT
L4	SCAR-E	TS	LHY	WEST	RBY	CAT
L5	SCAR-R	TS	SVY	MB	RBY	SHY
L6	SCAR-B	TS	SVY	SAKA/BB	<b>EEX</b>	SHY
L7	CJAC	XCEL	SVY	CBGC/SRAY	<b>EEX</b>	SHY
L8	CJAC/HACY	XCEL	SVY	STAC/TWST	<b>EEX</b>	WFY
D-C	XXX	MCSC	XXX	EAG/PTAC	XXX	WFY
D-B	XXX	MCSC	XXX	WW/ACE/CCC	XXX	WFY/JFAC
D-A	XXX	RVYM/WY	XXX	<b>ALL OTHERS</b>	XXX	JFAC

## TEAM WARM-UP FOR 12/UNDERS

SUN. 12/UNDERS				
CHECK-IN BY 2:20PM				
START BY 2:55PM				
	2:00PM		2:25PM	
	MAIN	DIVE	MAIN	DIVE
L1	SVY	LHY	RBY	SHY
L2	CAT	LHY	RBY	WY
L3	CAT	JFAC	RBY	CJAC
L4	WFY	JFAC/ACE	<b>EEX</b>	NJBL/EAG
L5	WFY	PTAC	SCAR-R	RVYM/SAKA
L6	WEST	STAC	SCAR-R	TWST/NJRC
L7	WEST/RANY	XCEL	SCAR-N	SRAY/HACY
L8	CBGC/MAY	PAA	SCAR-N&E	SWAC/BB
D-C	XXX	PAA/MCSC	XXX	MEY/SCAR-B
D-B	XXX	TS	XXX	<b>ALL</b>
D-A	XXX	TS/MYM	XXX	<b>OTHERS</b>

H  
O  
L  
I  
D  
A  
Y  
C  
L  
A  
S  
S  
I  
C  
  
XXXI

