TEAM WARMUP ASSIGNMENTS

"FLY-OVER" STARTS MAY BE USED FOR PRELIMS

FRIDAY PRELIMS

5:00PM 5:25PM

CHECK-IN BY 5:15PM
START @ 5:45PM

BMS	CAT
SAC	ESC
BB	CJAC
BWTD	EEX
JG	XCEL
MB	PTAC
NJW	TAC
RBY	RANY
SDSC	MCSC
SVY	CCC
	all others

The last 10 minutes of the warmup session will be for sprints

SATURDAY FINALS

WARMUP @ 6:15PM
START @ 7:00PM

ALL SWIMMERS

IN FINALS

SUNDAY AM PRELIMS

7:15 7:35AM

CHECK-IN BY 7:25AM
START @ 8:OOAM

BMS	CAT
SAC	ESC
BB	CJAC
BWTD	EEX
JG	XCEL
MB	PTAC
NJW	TAC
RBY	RANY
SDSC	MCSC
SVY	CCC
	all others

The last 10 minutes of the warmup session will be for sprints

1650 FREESTYLES

WARMUP FOLLOWING PRELIMS

CHECK-IN BY 11:15AM
WILL NOT START BEFORE 11:45AM

ALL SWIMMERS

SWIMMERS NEED TO PROVIDE

THEIR OWN TIMERS AND

AND LAP COUNTERS

(WARMUP MAY BE ON THE PATIO)

SUNDAY FINALS

WARMUP @ 4:15PM
START @ 5:00PM

ALL SWIMMERS

IN FINALS