

FRIDAY WARM-UPS

The Friday session will have a total of 377 swimmers, for an average of about 24 swimmers per lane. During the 50 minute warm up period we will have two 25 minute assigned warm ups, followed by a 20 minute period for start and pace work.

Teams may sprint during their assigned time also

Lane	First Warm-Up Period : 3:00-3:25 PM	Total
1	FCY-13, WBSC-6, OSCY-5	24
2	BAC-25	25
3	EBSC-27	27
4	SWAT-26	26
5	DFAC-31, WAVE-5, VAC-3, CAST-2	41
6		
7	SSTY-20, SCSC-1, SHEB-1, WASP-1	23
8	J-HK-9, GBY-4, OCON-4, SEAY-4, RSRC-4	25

Lane	Second Warm-Up Period : 3:25-3:50 PM	Total
1	SHOR-12, GBSC-6, WAM-6	24
2	BST-16, MSS-8	23
3		44
4	LAKE-37, TOSA-7	
5	WEST-30, FAST-7, HSSB-7	44
6		
7	OZ-16, NBSC-8,	24
8	WRAT-5, FSC-4, TIDE-4, MWY-2, SPDY-2, CWWM-1, ECY-1, GYST-1, LOO-1, MFSC-1	22

Lane	Third Warm-Up Period : 3:50-4:10 PM	Total
	Lanes 1-3: Push Pace & Circle Swim Lanes 4-8: One Way Sprint	

SATURDAY AM WARM-UPS

The Friday session will have a total of 478 swimmers, for an average of about 30 swimmers per lane. During the 50 minute warm up period we will have two 25 minute assigned warm ups, followed by a 20 minute period for start and pace work.

Teams may sprint during their assigned time also

Lane	First Warm-Up Period : 8:30-8:55	Total
1	FCY-15, TOSA-12, WASP-1, WOW-1	29
2	BAC-30	30
3	EBSC-32	32
4	SWAT-32	32
5	DFAC-36	36
6	MSS-14, SEAY-7, GBY-6, RSRC-1, SCSC-1, UN-NLAC-1	30
7	SSTY-24, BB-5	29
8	HSSB-12, FAST-9, WAM-5, SPDY-1, ASC-1, GYST-1	29

Lane	Second Warm-Up Period : 8:55-9:20	Total
1	SHOR-16, OSHY-8, MWY-4	28
2	BST-16, GBSC-8, SHEB-2	26
3	LAKE-45, TIDE-8	53
4		
5	WEST-36	36
6	NBSC-12, J-HK-9, MFSC-4, CAST-2, ECY-2	29
7	OZ-22, WRAT-4, FSC-3	29
8	WBSC-8, OCON-6, VAC-6, WAVE-6, BAT-2	28

Lane	Third Warm-Up Period : 9:20-9:40	Total
	Lanes 1-3: Push Pace & Circle Swim Lanes 4-8: One Way Sprint	

SATURDAY PM WARM-UPS

The Friday session will have a total of 280 swimmers, for an average of about 17.5 swimmers per lane. During the 50 minute warm up period we will have two 25 minute assigned warm ups, followed by a 20 minute period for start and pace work.

Teams may sprint during their assigned time also

Lane	First Warm-Up Period : Approx. 1:45-2:10	Total
1	FCY-7, WBSC-6, SHOR-5	18
2	BAC-27	27
3	EBSC-16	16
4	SWAT-20	20
5	DFAC-18	18
6	SSTY-10, J-HK-7	17
7	GBY-7, SCSC-2, SEAY-2, WAM-2, SHEB-1	14
8	BST-5, MSS-5, TIDE-3, GYST-1, MFSC-1	15

Lane	Second Warm-Up Period : Approx. 2:10-2:35	Total
1	GBSC-7, OSHY-5, ASC-1, ECY-1, FSC-1	15
2	VAC-6, BB-3, FAST-3, TOSA-3, CAST-2	17
3	LAKE-29	29
4		
5	WEST-21	21
6	NBSC-8, HSSB-4, MWY-4	16
7	OZ-12, WRAT-4, WASP-1, WOW-1	18
8	OCON-8, WAVE-5, UN-NLAC-1, RCSC-3	14

SUNDAY AM WARM-UPS

The Friday session will have a total of 459 swimmers, for an average of about 29 swimmers per lane. During the 50 minute warm up period we will have two 25 minute assigned warm ups, followed by a 20 minute period for start and pace work.

Teams may sprint during their assigned time also

Lane	First Warm-Up Period : 8:30-8:55	Total
1	SHOR-17, WAM-5, VAC-4, FSC-1, SHEB-1	28
2	HSSB-16, GBSC-7, OSHY-4, ASC-1	28
3	LAKE-44, J-HK-12	56
4		
5	WEST-36, FCY-15, OCON-6	57
6		
7	OZ-22, WRAT-5, WASP-1	28
8	BST-13, NBSC-12, SEAY-2	27

Lane	Second Warm-Up Period : 8:55-9:20	Total
1	BGY-6, MWY-5, MFSC-4, TIDE-4, RCSC-3, CAST-2, ECY-2, SCSC-2	28
2	BAC-28	28
3	EBSC-32	32
4	SWAT-32	32
5	DFAC-36, TOSA-12, FAST-9	57
6		
7	SSTY-21, WBSC-6, SPDY-1	28
8	MSS-16, WAVE-7, BB-4, BAT-1, UN-NLAC-1	29

Lane	Third Warm-Up Period : 9:20-9:40	Total
	Lanes 1-3: Push Pace & Circle Swim Lanes 4-8: One Way Sprint	

SUNDAY PM WARM-UPS

The Friday session will have a total of 437 swimmers, for an average of about 27 swimmers per lane. During the 50 minute warm up period we will have two 25 minute assigned warm ups, followed by a 20 minute period for start and pace work.

Teams may sprint during their assigned time also

Lane	First Warm-Up Period : Approx. 2:00-2:25	Total
1	SHOR-12, OSHY-9, GBY-4, ASC-1	26
2	J-HK-11, VAC-7, MWY-6, SHEB-2,	26
3	LAKE-42, WAVE-7,	49
4		
5	WEST-30	30
6	FCY-12, WRAT-5, FSC-4, WAM-4, BAT-1, CAST-1	27
7	OZ-19, BB-9, UN-NLAC-1	29
8	BST-14, TOSA-11, GYST-1, MM-1	27

Lane	Second Warm-Up Period : Approx. 2:25-2:50	Total
1	OCON-9, WBSC-9, GBSC-6, HSSB-5	29
2	BAC-31	31
3	EBSC-28	28
4	SWAT-28	28
5	DFAC-29	29
6	SSTY-21, ECY-2, WASP-1, WOW-1	25
7	MSS-16, FAST-8, SCSC-1, SPDY-1	26
8	NBSC-10, TIDE-5, MFSC-4, RCSC-4, LOO-3, SEAY-3	29