

11 and Over Warm-up Schedule

FRIDAY MORNING

	1	2	3	4	5	6	7	8
6:40-7:05 AM	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA TCAC	TAC	VACS
7:05-7:30 AM	PSDN	PSDN	PSDN LY	WAC	WAC	WAC HA CGBD	CGBD	CGBD CGUN
7:30-7:55 AM	TIDE	TIDE PWSC QS	GATR	GATR SMAC FAST VAST	BAC	BAC SEVA	TYPH	TYPH BASS
7:55-8:20 AM	QDD	QDD LASO	RAYS SQST	RAYS	CCA	CCA CYAC RACE	ODAC	ODAC SWAT

SATURDAY MORNING

	1	2	3	4	5	6	7	8
6:40-7:05 AM	QDD	QDD LASO	RAYS SQST	RAYS	CCA	CCA CYAC RACE	ODAC	ODAC SWAT
7:05-7:30 AM	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA TCAC	TAC	VACS
7:30-7:55 AM	PSDN	PSDN	PSDN LY	WAC	WAC	WAC HA CGBD	CGBD	CGBD CGUN
7:55-8:20 AM	TIDE	TIDE PWSC QS	GATR	GATR SMAC FAST VAST	BAC	BAC SEVA	TYPH	TYPH BASS

SUNDAY MORNING

	1	2	3	4	5	6	7	8
6:40-7:05 AM	TIDE	TIDE PWSC QS	GATR	GATR SMAC FAST VAST	BAC	BAC SEVA	TYPH	TYPH BASS
7:05-7:30 AM	QDD	QDD LASO	RAYS SQST	RAYS	CCA	CCA CYAC RACE	ODAC	ODAC SWAT RATS
7:30-7:55 AM	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA TCAC	TAC	VACS
7:55-8:20 AM	PSDN	PSDN	PSDN LY	WAC	WAC	WAC HA CGBD	CGBD	CGBD CGUN

10 and Under Afternoon Warm-up Session

FRIDAY

	1	2	3	4	5	6	7	8
A- 25 min	Nova	Nova	Bass Laso	Wac DC	CGBD	GATR ODAC	TPHN	TPHN RACE
B-25 min	QDD LY	TIDE HA	CCA NSD	PSDN PWSC	VACS BAC	SQST CYAC	RAYS SWAT SMAC UNAT	VAST TCAC SEVA TAC QS

SATURDAY

	1	2	3	4	5	6	7	8
A- 25 min	QDD LY	TIDE HA	CCA NSD	PSDN PWSC	VACS BAC	SQST CYAC	RAYS SWAT SMAC UNAT	VAST TCAC SEVA TAC QS
B-25 min	Nova	Nova	Bass Laso	Wac DC	CGBD	GATR ODAC	TPHN	TPHN RACE

SUNDAY

	1	2	3	4	5	6	7	8
A- 25 min	Nova	Nova	Bass Laso	Wac DC	CGBD	GATR ODAC	TPHN	TPHN RACE
B-25 min	QDD LY	TIDE HA	CCA NSD	PSDN PWSC	VACS BAC	SQST CYAC	RAYS SWAT SMAC UNAT	VAST TCAC SEVA TAC QS

THURSDAY EVENING DISTANCE EVENTS

	1	2	3	4	5	6	7	8
4:00 - 4:25 pm	NOVA	NOVA	NOVA	NOVA	GATR	GATR WAC	HA TIDE	QDD LY
4:25- 4:50 pm	PSDN CCA	PSDN	TPHN	CGBD RAYS	ODAC SEVA	BAC VACS	TAC CYAC NSD SQST	LASO RACE SMAC SWAT VAST

***** Warm-up and warm-down pool open during assigned warm-ups **MAX of 12 people per lane**