Thursday Finals Session Warmups - Meet Starts at 5:15 PM

American Flag Side

Diving Tower / Scoreboard Side

	Pool 2 (Deep End)									Warm Up Pool					Pool 1 (Shallow End)		
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		4:00-4:45	4:45-5:00	
4:00-4:45	General Warm Up								Bulkhead	General Warm Up				Bulkhead	General Warm Up	Pace Lane	L1
																One Way Start	L2
																General Warm Up	L3
																	L4
																	L5
																	L6
4:45-5:00	General Warm Up									General Warm Up						One Way Start	L7
																Pace Lane	L8

Play Area Side

Locker Room & Spectator Seating Side

Friday Morning General Warmups (11-12 & 13-14) - Meet Starts at 8:30 AM

American Flag Side

Diving Tower / Scoreboard Side

	Pool 2 (Deep End)									Warm Up Pool				Pool 1 (Shallow End)		
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1	7:00-7:35	7:35-8:10	
7:00-7:35	SEVA	SEVA	SEVA SHKS OBX	ODAC	ODAC	ODAC	RAYS	RAYS TSU	Bulkhead	PSDN	PSDN VACS	STAT	STAT TCAC DC	Nova	CGBD	L1
														Nova	CGBD	L2
														Nova	CGBD	L3
														Nova	QSTS	L4
7:35-8:10	TIDE	TIDE	WAC	WAC	BAC	BAC RPST	CCA	CCA HOKI CYAC	Bulkhead	BASS	BASS VSTP	SMAC	TAC	Nova	QSTS	L5
														Nova	QSTS/ RACE	L6
														Nova	GATR	L7
														QDD/ PWSC	GATR/ RAPP	L8

Play Area Side

Locker Room & Spectator Seating Side

Friday Morning Specific Warmups (11-12 & 13-14)

American Flag Side

Diving Tower / Scoreboard Side

	Pool 2 (Deep End)									Warm Up Pool				Pool 1 (Shallow End)	
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1	8:10-8:20	
8:10-8:20	Pace Lane	One Way Starts		General Warm Up		One Way Starts		Pace Lane	Bulkhead	General Warm Up				Pace Lane	L1
														One Way Starts	L2
															L3
														General Warm Up	L4
															L5
														One Way Starts	L6
															L7
														Pace Lane	L8

Play Area Side

Locker Room & Spectator Seating Side

Saturday Morning General Warmups (11-12 & 13-14) - Meet Starts at 8:30 AM

American Flag Side

Diving Tower / Scoreboard Side

Pool 2 (Deep End)									Bulkhead	Warm Up Pool				Bulkhead
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1	
7:00-7:35	SMAC	SMAC RACE	NOVA	NOVA	NOVA	NOVA	NOVA	NOVA		NOVA	CGBD	CGBD	CGBD	
7:35-8:10	SEVA	SEVA	SEVA VACS TCAC	GATR	GATR	GATR TAC SHKS	RAYS	RAYS LASO TSU		CCA	CCA HOKI	WAC	WAC/ DC	

Pool 1 (Shallow End)		
7:00-7:35	7:35-8:10	
QSTS	BASS	L1
QSTS	BASS/ WST	L2
QSTS/ QDD	ODAC	L3
PSDN/ OBX	ODAC/ PWSC	L4
PSDN	BAC	L5
TIDE	BAC/ RAPP	L6
TIDE	STAT	L7
TIDE/ RPST/ VYAC	STAT/ VSTP	L8

Play Area Side

Locker Room & Spectator Seating Side

Saturday Morning Specific Warmups (11-12 & 13-14)

American Flag Side

Diving Tower / Scoreboard Side

Pool 2 (Deep End)									Bulkhead	Warm Up Pool				Bulkhead
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1	
8:10-8:20	Pace Lane	One Way Starts		General Warm Up		One Way Starts		Pace Lane		General Warm Up				

Pool 1 (Shallow End)	
8:10-8:20	
Pace Lane	L1
One Way Starts	L2
	L3
General Warm Up	L4
	L5
One Way Starts	L6
	L7
Pace Lane	L8

Play Area Side

Locker Room & Spectator Seating Side

Sunday Morning General Warmups (11-12 & 13-14) - Meet Starts at 9:30 AM

American Flag Side

Diving Tower / Scoreboard Side

	Pool 2 (Deep End)									Warm Up Pool					Pool 1 (Shallow End)		
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		8:00-8:35	8:35-9:10	
8:00-8:35	WAC	WAC	CCA	CCA SCAT VSTP	RAPP DC LASO	STAT	HOKI	TAC	Bulkhead	GATR	GATR	PSDN	PSDN VACS	Bulkhead	CGBD	NOVA	L1
															CGBD	NOVA	L2
															CGBD	NOVA	L3
															SEVA	NOVA	L4
8:35-9:10	TIDE	TIDE	TIDE PWSC	BASS	BASS TSU	BAC	BAC SHKS	RPST OBX		ODAC	ODAC	RAYS	RAYS TCAC		SEVA	NOVA	L5
															QSTS	NOVA	L6
															QSTS	NOVA	L7
															SMAC	QDD/ RACE	L8

Play Area Side

Locker Room & Spectator Seating Side

Sunday Morning Specific Warmups (11-12 & 13-14) Meet Starts at 9:30 AM

American Flag Side

Diving Tower / Scoreboard Side

	Pool 2 (Deep End)									Warm Up Pool					Pool 1 (Shallow End)	
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		9:10-9:20	
9:10-9:20	Pace Lane	One Way Starts		General Warm Up		One Way Starts		Pace Lane	Bulkhead	General Warm Up				Bulkhead	Pace Lane	L1
															One Way Starts	L2
																L3
															General Warm Up	L4
																L5
															One Way Starts	L6
																L7
															Pace Lane	L8

Play Area Side

Locker Room & Spectator Seating Side

Friday Afternoon General Warmups (10 & Under) - Meet Starts at 2:00 PM

American Flag Side

Diving Tower / Scoreboard Side

	Pool 2 (Deep End)									Warm Up Pool					Pool 1 (Shallow End)	
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		1:00-1:30	
1:00-1:30	NOVA	NOVA	NOVA	NOVA	GATR	GATR	RAYS GATR	RAYS	Bulkhead	SEVA	SEVA OBX	CGBD	CGBD CAST	Bulkhead	PSDN/ RPST	L1
															TIDE/ CCA	L2
															QSTS/ VACS	L3
															TAC/ STAT	L4
															WAC/ VSTP/ TCAC	L5
															BAC/ BASS	L6
															HOKI/SMAC	L7
															QDD/ ODAC	L8

Play Area Side

Locker Room & Spectator Seating Side

Friday Afternoon Specific Warmups (10 & Under)

American Flag Side

Diving Tower / Scoreboard Side

	Pool 2 (Deep End)									Warm Up Pool					Pool 1 (Shallow End)	
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		1:30-1:45	
1:30-1:45	General Warm Up								Bulkhead	General Warm Up				Bulkhead	Pace Lane	L1
															One Way Starts	L2
																L3
															General Warm Up	L4
																L5
															One Way Starts	L6
																L7
															Pace Lane	L8

Play Area Side

Locker Room & Spectator Seating Side

Saturday Afternoon General Warmups (10 & Under) - Meet Starts at 2:00 PM

American Flag Side

Diving Tower / Scoreboard Side

	Pool 2 (Deep End)									Warm Up Pool				Pool 1 (Shallow End)	
	L8	L7	L6	L5	L4	L3	L2	L1	Bulkhead	WU4	WU3	WU2	WU1	Bulkhead	1:00-1:30	
1:00-1:30	SEVA	SEVA	BAC CAST OBX RAPP TCAC	VSTP BASS WST	WAC PSDN	ODAC STAT	CCA HOKI	RAYS		QDD RPST	TIDE SMAC	TAC VACS	QSTS		NOVA	L1
															NOVA	L2
															NOVA	L3
															NOVA	L4
															GATR	L5
															GATR	L6
															CGBD	L7
															CGBD	L8

Play Area Side

Locker Room & Spectator Seating Side

Saturday Afternoon Specific Warmups (10 & Under)

American Flag Side

Diving Tower / Scoreboard Side

	Pool 2 (Deep End)									Warm Up Pool				Pool 1 (Shallow End)	
	L8	L7	L6	L5	L4	L3	L2	L1	Bulkhead	WU4	WU3	WU2	WU1	Bulkhead	1:30-1:45	
1:30-1:45	General Warm Up									General Warm Up					Pace Lane	L1
															One Way Starts	L2
																L3
															General Warm Up	L4
																L5
															One Way Starts	L6
																L7
															Pace Lane	L8

Play Area Side

Locker Room & Spectator Seating Side

Sunday Afternoon General Warmups (10 & Under) - Meet Starts at 3:00 PM

American Flag Side

Diving Tower / Scoreboard Side

	Pool 2 (Deep End)									Warm Up Pool					Pool 1 (Shallow End)	
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		2:00-2:30	
2:00-2:30	NOVA	NOVA	NOVA	NOVA	GATR	GATR	RAYS	QSTS	Bulkhead	TIDE	WAC OBX CAST	CGBD	CGBD/ BAC	Bulkhead	SEVA	L1
															SEVA/ TAC	L2
															PSDN/ RPST	L3
															QDD/ ODAC	L4
															CCA/ HOKI	L5
															VACS/ WST	L6
															BASS/ SMAC	L7
															STAT/ RAPP/ VSTP	L8

Play Area Side

Locker Room & Spectator Seating Side

Sunday Afternoon Specific Warmups (10 & Under)

American Flag Side

Diving Tower / Scoreboard Side

	Pool 2 (Deep End)									Warm Up Pool					Pool 1 (Shallow End)	
	L8	L7	L6	L5	L4	L3	L2	L1		WU4	WU3	WU2	WU1		2:30-2:45	
2:30-2:45	General Warm Up								Bulkhead	General Warm Up				Bulkhead	Pace Lane	L1
															One Way Starts	L2
																L3
															General Warm Up	L4
																L5
															One Way Starts	L6
																L7
															Pace Lane	L8

Play Area Side

Locker Room & Spectator Seating Side