

**Saturday July 29th**  
**Session 1 11 & Older Warm-up 7am**  
**Meet Starts at 8:50am**

	LN1	LN2	LN3	LN4	LN5	LN6
7-7:15am	MAKO(14)	MAKO(14)	MAKO(14)	MAKO(12)	SCSC(14)	SCSC(5) RBCC(6)
7:17am-7:32am	KST(11)	Sea Colony(12)	Sea Colony(14)	LYC(14)	LYC(14)	LYC(14)
7:34am-7:49am	HFY(14)	HFY(14)	HFY(14)	HFY(6)	DST(5) LF(3)	LF(14)
7:51am-8:06am	OPST(14)	OPST(14)	OPST(14)	OPST(1) MDCC(10)	TSC(12)	TSC(14)
8:08am-8:23am	SPIRIT(14)	Spirit(11)	ELKS(14)	ELKS(3) Riptide(7)	Riptide(14)	MRYC(11)
8:25am-8:40am	Sho'men(14)	Sho'men(9)	ONLY(14)	ONLY(7)	CECY(14)	CECY(3) PBST(4)

Have your teams finish warm-up at the non-diving side of the pool so that we aren't too crowded behind the block. Warm-ups are 15 minutes each. We have built in two extra minutes to hopefully help with the traffic. The numbers are swimmers per lane. If you control a lane you are free to do as you wish. If you are sharing a lane please be respectful of each other's space and allow enough time for starts.

**Saturday July 29<sup>th</sup>**  
**Session 2 10 & Under Warm-up 2pm**  
**Meet Starts at 3:35 PM**

	LN1	LN2	LN3	LN4	LN5	LN6
2-2:15pm	MAKO(10)	MAKO(10)	LF(9)	LYC(9)	LYC(10)	LYC(10)
2:17-2:32pm	HFY(10)	HFY(7)	Sho'men(10)	Sho'men(8)	Sea Colony(10)	Sea Colony(7)
2:34-2:49pm	SCSC(10)	SCSC(5) RBCC(4)	ONLY(10)	ONLY(7)	RIP(10)	RIP(7)
2:51-3:06pm	OPST(10)	OPST(6)	MDCC(10)	MDCC(6) Dover(2)	ELKS(10)	ELKS(6)
3:08-3:23pm	MRYC(6) GH(1)	KST(11)	CECY(7)	PBST(7)	TSC(7) Spirit(3)	Spirit(11)