

Saturday July 25th Session 1: 11 & Older Warm-up 6:30 am Meet Starts at 8:20 am						
	LN1	LN2	LN3	LN4	LN5	LN6
6:30 am - 6:45 am	OPST (13)	OPST (13)	OPST (12)	OPST (12)	ELKS (13)	ELKS (13)
6:47 am - 7:02 am	SSST (10) DST (2)	SSST (11)	SSST (11)	HFY (12)	HFY (12)	HFY (13)
7:04 am - 7:19 am	LYC (12)	LYC (12)	SCS (12)	SCS (12)	SCS (5) LFCS (7)	LFCS (12)
7:21 am - 7:36 am	SFY (10) RBCC (2)	SFY (12)	SFY (13)	MAKO (12)	MAKO (12)	MAKO (4) MRYC (8)
7:38 am - 7:53 am	RIP (12)	RIP (12)	RIP (9) ONLY (3)	ONLY (12)	ONLY (12)	KST (14)
7:55 am - 8:10 am	SPRT (6) CECY (6)	SPRT (12)	SHO (7) DYD (5)	SHO (13)	TSC (12)	TSC (10) PBST (3)

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 the number of swimmers you have in that 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 25th Session 1: 10 & Under Warm-up 1:30 pm Meet Starts at 3:20 pm						
	LN1	LN2	LN3	LN4	LN5	LN6
1:30 pm - 1:45 pm	ELKS (11)	ELKS (10)	SSST (12)	SSST (13)	HFY (12)	MAKO (11)
1:47 pm - 2:02 pm	OPST (7) DST (3)	OPST (11)	OPST (11)	SCS (11)	SCS (11)	SCS (10)
2:04 pm - 2:19 pm	GHST (6) CECY (4)	GHST (10)	LFCS (12)	LFCS (12)	ONLY (12)	ONLY (12)
2:21 pm - 2:36 pm	TSC (4) PBST (7)	TSC (10)	LYC (9)	LYC (9)	SPRT (11)	SPRT (11)
2:38 pm - 2:53 pm	RIP (7) DYD (2)	RIP (10)	SFY (10)	SFY (10)	SFY (5) RBCC (5)	RBCC (8)
2:55 pm - 3:10 pm	MYRC (9)	MYRC (9)	MRYC (9)	SHO (10)	SHO (6) KST (3)	KST (10)