



FRIDAY WARM UP ASSIGNMENTS

5:00 - 5:20

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
DFV-ST	DFV-ST FF-NW	FF-NW	CGC	TOM	TOM STC	COLE	COLE RF

5:20 – 5:40

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
GLEN	GLEN SCF	CBST HST-ZC	HST-ZC	GWF-ST	BSST	BRLD	BRLD OAKS-NW

5:40 – 6:00

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
BRY SCST	SCST	CYC BCB	NOR	WSG	CYP	NORP	NORP

6:00 – 6:20

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WIE RAVE	FOST NAV	TWNL	CHTS-US	COPP EVM	LWF CPS-NW HWD	LIV	LIV



SATURDAY WARM-UP ASSIGNMENTS

7:10-7:30

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
FOST	FOST BSST	BSST	TWNL	TWNL	TWNL RF	NOR	NOR GWF-ST

7:30-7:50

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
COLE	COLE	COLE HWD	HWD	NORP SCF	NORP	NORP	CYP RVX

7:50-8:10

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
BRLD	BRLD	BRLD CBST	SCST	SCST	COPP	COPP HST-ZC	HST-ZC

8:10-8:30

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
LIV	CHTS-US DFV-ST	CGC	CGC FF-NW	FF-NW	GLEN	GLEN RAVE	CPS-NW EVM

8:30-8:50

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
TOM NAV	TOM	LWF STC	WIE	WIE OAKS-NW	WSG CYC	BCB	BCB



SUNDAY WARM-UP ASSIGNMENTS

7:10-7:30

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SCST	SCST	STC	STC COPP	COPP	GLEN RAVE	GLEN	GLEN

7:30-7:50

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
LWF	LWF RF	BRLD	BRLD	BRLD GWF-ST	COLE-NW	COLE-NW CBST	CBST

7:50-8:10

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
FOST	FOST BSST	HWD TOM	TOM	FF-NW	FF-NW EVM	TWNL OAKS-NW SCF	TWNL

8:10-8:30

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NORP	NORP	NORP CYC	DFV-ST	DFV-ST CPS	WSG LEEC	CHTS-US	CYP BRY

8:30-8:50

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
LIV	LIV	LIV WIE	CGC BCB	CGC	NOR	NOR NAV	HST-ZC



TIMING ASSIGNMENTS

FRIDAY SESSION

6:30 – End of Meet

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
BRLD	SCST	LIV	FF	DFV-ST	COLE	GLEN	NORP
BRLD	SCST	LIV	TOM	DFV-ST	COLE	GLEN	NORP

SATURDAY SESSION

9:00-11:30

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
SCST	TWNL	TWNL	BRLD	NORP	NORP	COLE	COLE
SCST	SCST	TWNL	BRLD	BRLD	NORP	COLE	COLE

11:30 –End of Meet

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
COPP	BCB	WIE	FOST	CGC	GLEN	FF-NW	BSST
COPP	BCB	HST-ZC	FOST	CGC	GLEN	FF-NW	BSST

SUNDAY SESSION

9:00-11:30

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NORP	NORP	LIV	LIV	GLEN	GLEN	COPP	LWF
NORP	NORP	LIV	LIV	GLEN	GLEN	COPP	LWF

11:30 – 2:00

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
BRLD	BRLD	COLE	CGC	FF-NW	NOR	CBST	STC
BRLD	COLE	COLE	CGC	FF-NW	NOR	CBST	STC

2:00 – End of Meet

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
DFV-ST	DFV-ST	TOM	SCST	TWNL	FOST	CHTS	CYP
DFV-ST	HST-ZC	TOM	SCST	TWNL	FOST	BSST	WSG