



## **FRIDAY WARM UP ASSIGNMENTS**

### **5:00 - 5:20**

| <b>LANE 1</b> | <b>LANE 2</b>   | <b>LANE 3</b> | <b>LANE 4</b> | <b>LANE 5</b> | <b>LANE 6</b> | <b>LANE 7</b> | <b>LANE 8</b> |
|---------------|-----------------|---------------|---------------|---------------|---------------|---------------|---------------|
| DFV-ST        | DFV-ST<br>FF-NW | FF-NW         | CGC           | TOM           | TOM<br>STC    | COLE          | COLE<br>RF    |

### **5:20 – 5:40**

| <b>LANE 1</b> | <b>LANE 2</b> | <b>LANE 3</b>  | <b>LANE 4</b> | <b>LANE 5</b> | <b>LANE 6</b> | <b>LANE 7</b> | <b>LANE 8</b>   |
|---------------|---------------|----------------|---------------|---------------|---------------|---------------|-----------------|
| GLEN          | GLEN<br>SCF   | CBST<br>HST-ZC | HST-ZC        | GWF-ST        | BSST          | BRLD          | BRLD<br>OAKS-NW |

### **5:40 – 6:00**

| <b>LANE 1</b> | <b>LANE 2</b> | <b>LANE 3</b> | <b>LANE 4</b> | <b>LANE 5</b> | <b>LANE 6</b> | <b>LANE 7</b> | <b>LANE 8</b> |
|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| BRY<br>SCST   | SCST          | CYC<br>BCB    | NOR           | WSG           | CYP           | NORP          | NORP          |

### **6:00 – 6:20**

| <b>LANE 1</b> | <b>LANE 2</b> | <b>LANE 3</b> | <b>LANE 4</b> | <b>LANE 5</b> | <b>LANE 6</b>        | <b>LANE 7</b> | <b>LANE 8</b> |
|---------------|---------------|---------------|---------------|---------------|----------------------|---------------|---------------|
| WIE<br>RAVE   | FOST<br>NAV   | TWNL          | CHTS-US       | COPP<br>EVM   | LWF<br>CPS-NW<br>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<br>BSST | BSST   | TWNL   | TWNL   | TWNL<br>RF | NOR    | NOR<br>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<br>HWD | HWD    | NORP<br>SCF | NORP   | NORP   | CYP<br>RVX |

### 7:50-8:10

| LANE 1 | LANE 2 | LANE 3       | LANE 4 | LANE 5 | LANE 6 | LANE 7         | LANE 8 |
|--------|--------|--------------|--------|--------|--------|----------------|--------|
| BRLD   | BRLD   | BRLD<br>CBST | SCST   | SCST   | COPP   | COPP<br>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<br>DFV-ST | CGC    | CGC<br>FF-NW | FF-NW  | GLEN   | GLEN<br>RAVE | CPS-NW<br>EVM |

### 8:30-8:50

| LANE 1     | LANE 2 | LANE 3     | LANE 4 | LANE 5         | LANE 6     | LANE 7 | LANE 8 |
|------------|--------|------------|--------|----------------|------------|--------|--------|
| TOM<br>NAV | TOM    | LWF<br>STC | WIE    | WIE<br>OAKS-NW | WSG<br>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<br>COPP | COPP   | GLEN<br>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<br>RF | BRLD   | BRLD   | BRLD<br>GWF-ST | COLE-NW | COLE-NW<br>CBST | CBST   |

### **7:50-8:10**

| LANE 1 | LANE 2       | LANE 3     | LANE 4 | LANE 5 | LANE 6       | LANE 7                 | LANE 8 |
|--------|--------------|------------|--------|--------|--------------|------------------------|--------|
| FOST   | FOST<br>BSST | HWD<br>TOM | TOM    | FF-NW  | FF-NW<br>EVM | TWNL<br>OAKS-NW<br>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<br>CYC | DFV-ST | DFV-ST<br>CPS | WSG<br>LEEC | CHTS-US | CYP<br>BRY |

### **8:30-8:50**

| LANE 1 | LANE 2 | LANE 3     | LANE 4     | LANE 5 | LANE 6 | LANE 7     | LANE 8 |
|--------|--------|------------|------------|--------|--------|------------|--------|
| LIV    | LIV    | LIV<br>WIE | CGC<br>BCB | CGC    | NOR    | NOR<br>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    |