

Warmup Schedule

FRIDAY MORNING, July 11, 2014

SESSION 1
7:00-7:20 AM

SESSION 2
7:20-7:40 AM

SESSION 3
7:40-8:00 AM

SESSION 4
8:00-8:20 AM

LANE TEAM

1	FC
2	FC
3	FC
4	CGCC
5	CGCC
6	TWSA
7	TWSA
8	TWSA

LANE TEAM

1	STH
2	STH
3	STH
4	RBST
5	RDG
6	CYF
7	BRR
8	BRR

LANE TEAM

1	SMST
2	SMST
3	SMST
4	SMST
5	SMST
6	RG
7	RG
8	RG

LANE TEAM

1	DALT
2	DALT
3	DALT/CAL
4	CAT
5	CAT
6	FTO
7	DOGS
8	DOGS



Warmup Schedule

FRIDAY AFTERNOON, July 11, 2014

SESSION 1 11:45-12:05 PM		SESSION 2 12:05-12:25 PM		SESSION 3 12:25-12:45 PM		SESSION 4 12:45-1:05 PM	
<u>LANE</u>	<u>TEAM</u>	<u>LANE</u>	<u>TEAM</u>	<u>LANE</u>	<u>TEAM</u>	<u>LANE</u>	<u>TEAM</u>
1	TWSA	1	SMST	1	DOGS	1	FC
2	TWSA	2	SMST	2	DOGS	2	FC
3	TWSA	3	SMST	3	CGCC	3	FC
4	RG	4	SMST	4	CAL	4	STH
5	RG	5	DALT	5	FTO	5	STH
6	RG	6	DALT	6	BRR	6	CYF
7	RBST	7	DALT	7	CAT	7	RDG
8	RBST	8	DALT	8	CAT	8	RDG



Warmup Schedule

SATURDAY MORNING, July 12, 2014

SESSION 1
7:00-7:20 AM

SESSION 2
7:20-7:40 AM

SESSION 3
7:40-8:00 AM

SESSION 4
8:00-8:20 AM

<u>LANE</u>	<u>TEAM</u>	<u>LANE</u>	<u>TEAM</u>	<u>LANE</u>	<u>TEAM</u>	<u>LANE</u>	<u>TEAM</u>
1	STH	1	SMST	1	DALT	1	FC
2	STH	2	SMST	2	DALT	2	FC
3	STH	3	SMST	3	DALT/CAL	3	FC
4	RBST	4	SMST	4	CAT	4	CGCC
5	RDG	5	SMST	5	CAT	5	CGCC
6	CYF	6	RG	6	FTO	6	TWSA
7	BRR	7	RG	7	DOGS	7	TWSA
8	BRR	8	RG	8	DOGS	8	TWSA



Warmup Schedule

SATURDAY AFTERNOON, July 12, 2014

SESSION 1 11:20-11:40 AM		SESSION 2 11:40-12:00 PM		SESSION 3 12:00-12:20 PM		SESSION 4 12:20-12:40 PM	
<u>LANE</u>	<u>TEAM</u>	<u>LANE</u>	<u>TEAM</u>	<u>LANE</u>	<u>TEAM</u>	<u>LANE</u>	<u>TEAM</u>
1	FC	1	TWSA	1	SMST	1	DOGS
2	FC	2	TWSA	2	SMST	2	DOGS
3	FC	3	TWSA	3	SMST	3	CGCC
4	STH	4	RG	4	SMST	4	CAL
5	STH	5	RG	5	DALT	5	FTO
6	CYF	6	RG	6	DALT	6	BRR
7	RDG	7	RBST	7	DALT	7	CAT
8	RDG	8	RBST	8	DALT	8	CAT

