

## FRIDAY, JULY 13TH WARM-UP SCHEDULE

### 10 AND UNDER PRELIMINARIES SESSION

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 1	DALT	LANE 1	OOLT	LANE 1	SM	LANE 1	STH
LANE 2	DALT	LANE 2	OOLT	LANE 2	SM	LANE 2	STH
LANE 3	DALT	LANE 3	OOLT	LANE 3	SM	LANE 3	STH
LANE 4	DALT	LANE 4	OOLT	LANE 4	SM	LANE 4	STH
LANE 5	BRR	LANE 5	RB	LANE 5	CGCC	LANE 5	CUMB
LANE 6	CGWS	LANE 6	RB	LANE 6	CGCC	LANE 6	CUMB
LANE 7	CGWS	LANE 7	RB	LANE 7	CGCC	LANE 7	DOGS
LANE 8	CGWS	LANE 8	RDG	LANE 8	FCLU	LANE 8	CAT

### 11 AND OLDER PRELIMINARIES SESSION

SESSION 1 11:45 AM - 12:05 PM		SESSION 2 12:05 - 12:25 PM		SESSION 3 12:25 - 12:45 PM		SESSION 4 12:45 - 1:05 PM	
LANE 1	DALT	LANE 1	SM	LANE 1	FCLU	LANE 1	CAT
LANE 2	DALT	LANE 2	SM	LANE 2	FCLU	LANE 2	CAT
LANE 3	DALT	LANE 3	SM	LANE 3	CGCC	LANE 3	RB
LANE 4	DALT	LANE 4	SM	LANE 4	CGCC	LANE 4	RB
LANE 5	DALT	LANE 5	SM	LANE 5	RDG	LANE 5	DOGS
LANE 6	STH	LANE 6	OOLT	LANE 6	RDG	LANE 6	DOGS
LANE 7	STH	LANE 7	OOLT	LANE 7	CUMB	LANE 7	CGWS
LANE 8	STH	LANE 8	OOLT	LANE 8	BRR	LANE 8	CGWS

## SATURDAY, JULY 14TH WARM-UP SCHEDULE

### 10 AND UNDER PRELIMINARIES SESSION

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 1	DALT	LANE 1	SM	LANE 1	OOLT	LANE 1	STH
LANE 2	DALT	LANE 2	SM	LANE 2	OOLT	LANE 2	STH
LANE 3	DALT	LANE 3	SM	LANE 3	OOLT	LANE 3	STH
LANE 4	DALT	LANE 4	SM	LANE 4	OOLT	LANE 4	STH
LANE 5	RB	LANE 5	CUMB	LANE 5	FCLU	LANE 5	CGCC
LANE 6	RB	LANE 6	CUMB	LANE 6	DOGS	LANE 6	CGCC
LANE 7	RB	LANE 7	CGWS	LANE 7	DOGS	LANE 7	CGCC
LANE 8	RDG	LANE 8	CGWS	LANE 8	BRR	LANE 8	CAT

### 11 AND OLDER PRELIMINARIES SESSION

SESSION 1 11:45 AM - 12:05 PM		SESSION 2 12:05 - 12:25 PM		SESSION 3 12:25 - 12:45 PM		SESSION 4 12:45 - 1:05 PM	
LANE 1	DALT	LANE 1	SM	LANE 1	STH	LANE 1	CAT
LANE 2	DALT	LANE 2	SM	LANE 2	STH	LANE 2	CAT
LANE 3	DALT	LANE 3	SM	LANE 3	STH	LANE 3	CAT
LANE 4	CUMB	LANE 4	SM	LANE 4	OOLT	LANE 4	RB
LANE 5	FCLU	LANE 5	SM	LANE 5	OOLT	LANE 5	RB
LANE 6	FCLU	LANE 6	CGWS	LANE 6	OOLT	LANE 6	RB
LANE 7	RDG	LANE 7	CGWS	LANE 7	DOGS	LANE 7	CGCC
LANE 8	RDG	LANE 8	BRR	LANE 8	DOGS	LANE 8	CGCC