

## Sunday Warm-Up Schedule

After event #30, there will be a 30 minute break allowing the 11 & Ups to warm-up.

Sunday, June 1st **\*\*DOORS DO NOT OPEN UNTIL 7:00AM\*\***

### 1ST First warmups 7:30-7:45am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
COLE	COLE	COLE	COLE	COLE	COLE	SCO	SCO

### 2ND Second warmups 7:45-8:00

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
MNW	MNW	CLC	CLC	CLC	LWF	HUNT	HUNT SCF

### 3RD Third warmups 8:00-8:15

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CYM	BMST	BMST	BMST	BMST	BMST WIE	WIE	CYPR

### 4TH Fourth warmups 8:15-8:30

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PWF	PWF	SCST	SCST	SCST	GLEN	WDFR	WDFR

### 5TH Fifth warmups 8:30-8:45

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BRLD	BRLD	BRLD	BRLD	BRLD	BRLD	FOST	FOST

### 6TH Sixth warmups 8:45-9:00

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CLE	CLE HWD	HWD	NSST	WIMB	WLM	RS	CGC JVS

**9:15 AM MEET START**

## IMMEDIATELY After Event #30 - 11 & Up warmup assignments

### 1st First warmups 15 Minutes

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BMST	COLE	MNW	SCO CGC	WIE GLEN	HWD WIMB	PWF CYPR	SCST

### 2nd Second warmups 15 minutes

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BRLD	WDFR	CLC SCF	LWF NSST	RS CYM	WLM CLE	HUNT JVS	FOST

**Please share lanes as needed**

Athletes will be allowed on deck when event 30 begins and not sooner. Please line up just outside the nat doors until you are allowed inside by the safety marshal



**Monday, June 2nd \*\*DOORS DO NOT OPEN UNTIL 3:00pm**

**1ST First warmups 3:15-3:30**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
COLE	COLE	MNW	MNW	HUNT LWF	WLM	PWF	PWF SCF

**2ND Second warmups 3:30-3:45**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CLC	CLC	HWD	CYPR	WDFR	SCST	WIMB	CGC GLEN

**3RD Third warmups 3:45-4:00**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BMST	BMST	WIE	WIE SCO	SCO	RS	NSST	NSST JVS

**4TH Fourth warmups 4:00-4:15**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BRLD	BRLD	BRLD	BRLD	FOST	FOST	CLE	CLE CYM

**4:30 PM MEET START**

**TIMING ASSIGNMENTS**

*Teams not listed please have timers ready to fill in as needed for all sessions in attendance.*

*All lanes require 2 timers.*

*Teams are responsible for filling their timer assignments. The meet will not begin until ALL timing slots are filled.*

**Sunday, June 1st**

<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>
<b>BMST</b>	<b>CLC</b>	<b>MNW</b>	<b>COLE</b>	<b>WIE</b>	<b>PWF</b>	<b>CLE</b>	<b>BRLD</b>
<b>BMST</b>	<b>FOST</b>	<b>WDFR</b>	<b>COLE</b>	<b>SCST</b>	<b>SCO</b>	<b>HWD</b>	<b>BRLD</b>

**Monday, June 2nd**

<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>
<b>BMST</b>	<b>CLC</b>	<b>MNW</b>	<b>COLE</b>	<b>WIE</b>	<b>PWF</b>	<b>CLE</b>	<b>BRLD</b>
<b>NSST</b>	<b>FOST</b>	<b>RS</b>	<b>WIMB</b>	<b>SCST</b>	<b>SCO</b>	<b>HWD</b>	<b>BRLD</b>

