

Sunday Morning Prelims

WARM-UP: 7:00-7:30

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WYW	WYW	CCAT	PAC	NMEG	TP	GRYM	RAC
SA		WWRX	PSDY	SMST	GLAS	LEHY	EDST
UN		VSYM	ZEUS	MSC		NCY	UAC
						HMST	

WARM-UP: 7:30-8:00

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WCYM	SHKS	SNCO	SNCO	WRAT	CDOG	WAC	GYWD
CAT	BRS		OAK	CAC		BEAR	WHAT
AJSC	WDOL		ARAC	OMNI		HHAC	
FVYM	HNHS		NMYB	NFAF		FINS	
WCYB	TAC						

WARM-UP: 8:00-8:20

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
Pace	Circle	Sprint	Sprint	Sprint	Sprint	Circle	Pace