

Friday Warm-up and Timing Assignments:

4:00 – 4:45: OPEN WARM-UP, ALL LANES
 LANES 1,2,3 – 12/U ONLY
 LANES 4 – 8 – 12/O ONLY

4:45 – 4:55 LANES 1,2,7,8 – PACE
 LANES 3-6 – 1 WAY

SWIMMERS MUST PROVIDE THEIR OWN TIMERS