

**Friday Session-4:00 WU 5:00 Start**

	1	2	3	4	5	6	7	8		9	10	11	12	13	14	15	16	17	18
<b>4:00p</b>	GYWD	GYWD	CPAC	CPAC	NCY	NCY	GRYM	GRYM		SSAC	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
<b>4:45p</b>	PACE	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint	PACE		OPEN	OPEN	OPEN	OPEN	OPEN					

*5 Lanes will be open during meet for warmup/warmdown*

**12&U Girls and 13&Over Boys Warmup Saturday and Sunday AM Session 7:15am to 8:30am**

	1	2	3	4	5	6	7	8		9	10	11	12	13	14
<b>7:15a</b>	GYWD	GYWD	GYWD	GYWD	PSDY	PSDY	ORCA	SSAC		GRYM	GRYM	GRYM	GRYM	GRYM	OPEN
<b>7:45a</b>	NCY	NCY	NCY	CPAC	CPAC	CPAC	CPAC	CPAC		OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
<b>8:15a</b>	PACE	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint	PACE		PACE	PACE	PACE	OPEN	OPEN	OPEN

**12&U Boys and 13&Over Girls Session Warmup Saturday and Sunday 12:30am to 1:45pm**

	1	2	3	4	5	6	7	8		9	10	11	12	13	14
<b>12:30a</b>	GYWD	GYWD	GYWD	NCY	NCY	NCY	GRYM	GRYM		GRYM	GRYM	OPEN	OPEN	OPEN	OPEN
<b>1:00p</b>	CPAC	CPAC	CPAC	CPAC	PSDY	SSAC	SSAC	ORCA		OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
<b>1:30p</b>	PACE	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint	PACE		PACE	PACE	PACE	OPEN	OPEN	OPEN