

Thursday Evening

13/14 Session

General Warm Up 3:30pm - 4:00pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

Specific Warm Up 4:00pm - 4:10pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACE	SPRINT	SPRINT	CIRCLE	CIRCLE	SPRINT	SPRINT	PACE

12&Under + Relays

General Warm Up 6:00pm-6:20pm **SUBJECT TO CHANGE. Time will be updated Wednesday evening.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12/U	12/U	12/U	12/U	13/14	13/14	13/14	13/14

Specific Warm Up 6:20pm-6:30pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PACE	SPRINT	SPRINT	CIRCLE	CIRCLE	SPRINT	SPRINT	PACE

ALL WARM UP TIMES SUBJECT TO CHANGE. SWIMMERS ARE ONLY PERMITTED IN THE WATER WITH PERMISSION OF REFEREE

Friday Prelims 13/14

Tier 1 6:30am-7:00am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
CDOG (14)	CDOG (6) RYWC (5) ARAC (1)	WYW (12) NMEG (2)	RAC (10) WYW (2) WFYD (1)	CPAC (12) GWYB (1)	NCY (10) FFLY (2) MAC (1)	WAC (9) RAYS (3) NWYL (2)	GYWD (7) WHAT (7)

Tier 2 7:00am-7:30am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
ZEUS (6) FVYT (4) GRYM (3)	WEST (6) PSDY (4) PAC (1) NFAF (1)	BSY (6) TP (5) SSAC (1) NCA (1)	MJCC (8) GLAS (2) HMST (2) MSC (1)	BULL (4) CAC (2) HHAC (4) WRTS (1) HNHS (1)	SMST (3) SYS (3) LEHY (7)	VSYM (3) WRAT (4) BEAR (4) PACK (1)	COAC (5) SOCO (6) WWRX (3)

Specific Warm Up 7:30am-7:40am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PACE	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	CIRCLE	PACE

Friday Prelims 11/12

Tier 1 11:00am-11:20am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
CPAC (11) COAC (3) MSC (1)	RAC (11) PACK (1) IVY (1)	WYW (11) SSAC (3) HNHS (1)	ZEUS (11) LEHY (3) HMST (1)	NCY (10) FVYT (3) GWYB (1)	CDOG (11) NMBS (1) GRYM (1)	RYWC (9) BSY (2) WRTS(1)	WHAT (9) GLAS (2) TP (1)

ALL WARM UP TIMES SUBJECT TO CHANGE. SWIMMERS ARE ONLY PERMITTED IN THE WATER WITH PERMISSION OF REFEREE

Tier 2 11:20am-11:40am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
MJCC (7) MAC (2) SOCO (1)	GYWD (7) NMEG (2) SJCC (1)	SMST (6) SAQ (2) SEAL (1) NFAF (1)	BULL (5) WRAT (3) SHKS (2) NMBS (1)	WEST (6) BEAR (2) AJSC (1)	PAC (4) SYS (2) CAC (1)	RAYS (4) WAC (2) FFLY (1)	ARAC (4) WFYD (2) FINS (1)

Specific Warmup (11/12) 11:40am-11:55am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PACE	SPRINT	SPRINT	CIRCLE	CIRLCE	SPRINT	SPRINT	PACE

Friday Timed Finals 10&U

Tier 1 3:10pm-3:30pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
ZEUS (10) IVY (4) PSDY (1)	CPAC (9) NCY (4) WAC (1) SMST (1)	GRYM (6) CDOG (4) LEHY (2) CAC (1) NMEG (1)	GYWD (5) SYS (3) MSC (2) NMBS(2) FFLY (1)	MJCC (5) BEAR (2) RYWC (2) VSYM (2) CCAT (1) RAYS (1)	RAC (5) WRAT (4) SEAL (2) BDEV (1) HHAC (1)	WHAT (5) PAC (4) SJCC (2) WWRX (2) NFAF (1)	WRTS (5) WYW (5) SSAC (2) WFYD (2)

ALL WARM UP TIMES SUBJECT TO CHANGE. SWIMMERS ARE ONLY PERMITTED IN THE WATER WITH PERMISSION OF REFEREE

Specific Warm up (10U) 3:30pm-3:40pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PACE	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS

Friday Finals

Tier 1 5:45pm-6:15pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

Specific 6:15pm-6:25pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PACE	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS	CIRCLE	PACE

Saturday Prelims 13/14

Tier 1 6:30am-7:00am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
ZEUS (7) FVYT (3) GRYM (4)	WEST (8) PSDY (3) PAC (1) NFAF (1)	BSY (2) TP (7) SSAC (1) NCA (1) NWYL (2)	MJCC (8) GLAS (1) HMST (2) MSC (1)	BULL (4) CAC (3) HHAC (4) WRTS (1) HNHS (1)	SMST (3) SYS (3) LEHY (7)	VSYM (3) WRAT (5) BEAR (4) PACK (2)	COAC (4) SOCO (6) WWRX (3)

ALL WARM UP TIMES SUBJECT TO CHANGE. SWIMMERS ARE ONLY PERMITTED IN THE WATER WITH PERMISSION OF REFEREE

Tier 2 7:00am-7:30am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
CDOG (14)	CDOG (6) RYWC (6) ARAC (2)	WYW (11) NMEG (2)	RAC (10) WYW (2) WFYD (1)	CPAC (12) GWYB (1)	NCY (11) FFLY (2) MAC (1)	WAC (11) RAYS (3)	GYWD (8) WHAT (7)

Specific Warm Up 7:30am-7:40am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PACE	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	CIRCLE	PACE

Saturday Prelims 11/12

Tier 1 11:00am-11:20am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
MJCC (7) MAC (2) SOCO (1)	GYWD (7) NMEG (2) SJCC (1)	SMST (4) SAQ (2) COAC (4) NFAF (1)	BULL (5) WRAT (3) SHKS (3)	WEST (4) BEAR (4) AJSC (1) NMBS (1) LEHY (3)	PAC (3) SYS (2) CAC (1) PSDY (1) COAC (4)	RAYS (3) WAC (2) FFLY (1) COAC (4)	ARAC (4) WFYD (3) FINS (1) MSC (1)

10 10 11 11 12 11 10 9

ALL WARM UP TIMES SUBJECT TO CHANGE. SWIMMERS ARE ONLY PERMITTED IN THE WATER WITH PERMISSION OF REFEREE

Tier 2 11:20am-11:40am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
CPAC (12) SEAL (1)	RAC (12) PACK (1)	WYW (8) SSAC (2) HNHS (1) GWYB (1)	ZEUS (12) HMST (1)	NCY (9) FVYT (3)	CDOG (7) NMBS (1) GRYM (1) IVY (1)	RYWC (9) BSY (2) WRTS(1)	WHAT (9) GLAS (2) TP (1)
13	13	12	13	12	10	12	12

Specific Warm up (11/12) 11:40am-11:55am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PACE	SPRINT	SPRINT	CIRCLE	CIRLCE	SPRINT	SPRINT	PACE

**Saturday Timed Finals 10&U
Tier 1 3:10pm-3:30pm**

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
ZEUS (9) IVY (3) PSDY (2)	CPAC (10) NCY (4)	GRYM (5) CDOG (4) LEHY (1) CAC (1) NMEG (1) SMST (2) RAYS (1)	GYWD (5) SYS (3) MSC (2) NMBS(2) FFLY (1)	MJCC (4) BEAR (2) RYWC (2) VSYM (1) CCAT (1) BULL (2)	RAC (5) WRAT (4) SEAL (2) BDEV (1) HHAC (1) HNHS (1)	WHAT (6) PAC (3) SJCC (1) WWRX (2) NFAF (1) WAC (1)	WRTS (5) WYW (5) SSAC (2) WFYD (2)

ALL WARM UP TIMES SUBJECT TO CHANGE. SWIMMERS ARE ONLY PERMITTED IN THE WATER WITH PERMISSION OF REFEREE

Specific Warm up (10U) 3:30pm-3:40pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PACE	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS

**Saturday Finals
Tier 1 5:45pm-6:15pm**

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

Specific 6:15pm-6:25pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PACE	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS	CIRCLE	PACE

**Sunday Prelims 13/14
Tier 1 6:30am-7:30am**

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
CDOG (14)	CDOG (8) RYWC (4)	WYW (13) RYWC (2)	WAC (11) RAYS (3)	CPAC (12) GWYB (1) HMST (1)	NCY (9) FFLY (2) MAC (1) NMEG (2)	VSYM (2) WRAT (5) BEAR (4) PACK (2) WRTS (1)	COAC (5) SOCO (7) WWRX (3)

ALL WARM UP TIMES SUBJECT TO CHANGE. SWIMMERS ARE ONLY PERMITTED IN THE WATER WITH PERMISSION OF REFEREE

Tier 2 7:00am-7:30am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
MJCC (7) FVYT (5) GRYM (3)	WEST (8) PSDY (2) PAC (1) NFAF (1) FINS (1)	BSY (2) TP (7) SSAC (2) NCA (1) NWYL (1)	RAC (12) WFYD (1) MSC (1)	BULL (5) CAC (4) HHAC (5)	SMST (4) SYS (4) LEHY (5) HNHS (1)	ZEUS (7) GLAS (1) ARAC (2) WHAT (4)	GYWD (8) WHAT (5)

Specific Warm Up (13-14)7:30am-7:40am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PACE	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	CIRCLE	PACE

Saturday Prelims 11/12

Tier 1 11:00am-11:20am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
CPAC (10) SEAL (1)	RAC (11) PACK (1)	WYW (9) SSAC (2) HNHS (1)	ZEUS (10) HMST (1) GWYB (1)	NCY (8) FVYT (3)	CDOG (11) NMBS (1)	RYWC (10) BSY (1) WRTS(1)	WHAT (9) GLAS (2) TP (3)

Tier 2 11:20am-11:40am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
MJCC (4) MAC (2) SOCO (1) HHAC (1)	GYWD (8) NMEG (1) SJCC (1) GRYM (1)	SMST (5) SAQ (1) COAC (3) NFAF (1)	BULL (6) WRAT (3) SHKS (2)	WEST (5) BEAR (3) AJSC (1) NMBS (1) LEHY (1)	PAC (4) SYS (3) CAC (1) PSDY (1) COAC (4)	RAYS (3) WAC (3) FFLY (1) COAC (4)	ARAC (4) WFYD (4) FINS (1) MSC (1) VY (1)

Specific Warm up (11-12) 11:40am-11:55am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PACE	SPRINT	SPRINT	CIRCLE	CIRLCE	SPRINT	SPRINT	PACE

Sunday

10&U Timed Finals

Tier 1 3:10pm-3:30pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
ZEUS (10) IVY (3)	CPAC (9) NCY (3) OXO (1)	GRYM (4) CDOG (3) LEHY (2) CAC (1) NMEG (1) SMST (2)	GYWD (5) SYS (3) MSC (2) NMBS(1) FFLY (1) PSDY (1)	MJCC (3) BEAR (2) RYWC (2) VSYM (1) CCAT (1) BULL (2) RAYS (1)	RAC (5) WRAT (4) SEAL (2) BDEV (1) HNHS (1)	WHAT (3) PAC (6) SJCC (1) WWRX (1) NFAF (1) WAC (2)	WRTS (3) WYW (4) SSAC (2) WFYD (1) HHAC (2)

Specific Warm up (10U) 3:30pm-3:40pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PACE	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS

ALL WARM UP TIMES SUBJECT TO CHANGE. SWIMMERS ARE ONLY PERMITTED IN THE WATER WITH PERMISSION OF REFEREE

Sunday
11-14 Finals
Tier 1 5:45pm-6:15pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

Specific 6:15pm-6:25pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
PACE	SPRINTS	SPRINTS	SPRINTS	SPRINTS	SPRINTS	CIRCLE	PACE

**ALL WARM UP TIMES ARE TENTATIVE, NO TEAM IS
PERMITTED TO ENTER THE POOL WITHOUT
PERMISSION OF THE DECK REFEREE**