

<b>2019 AGE GROUPS</b>																							
<b>THURSDAY EVENING DISTANCE WARM-UP ASSIGNMENTS</b>																							
	<b>RACE COURSE</b>											<b>Warmup Pool</b>											
	0	1	2	3	4	5	6	7	8	9	10	11	12										
GENERAL 3:15-3:40p	13/O	13/O	13/O	13/O	13/O	13/O	13/O	13/O	13/O	13/O	13/O	Closed											
3:40-3:55p	PACE	PACE	STARTS	STARTS	CIRCLE	CIRCLE	CIRCLE	STARTS	STARTS	PACE	PACE	Closed											
	<b>4:00PM - 1650 START</b>											13/O	13/O										
GENERAL **5:40-6:00p	12/U	12/U	12/U	12/U	12/U	12/U	12/U	12/U	12/U	12/U	12/U	13/O	13/O										
	<b>**6:00PM - 12/under 500 START</b>											Circle	Circle										
** PLEASE NOTE THIS IS AN APPROXIMATE TIME -																							







<b>2019 AGE GROUPS</b>																							
<b>FINALS WARM-UP</b>																							
<b>FRI-SUN</b>	<b>RACE COURSE</b>											<b>WARM-UPPOOL</b>											
	0	1	2	3	4	5	6	7	8	9	10	1	2	3									
4:45-5:25p	<b>GENERAL WARM-UP</b>											<b>GENERAL WARM-UP</b>											
5:25-5:40p	PACE	PACE	START	START	START	CIRCLE	CIRCLE	START	START	PACE	PACE	CIRCLE	CIRCLE	CIRCLE									
	<b>5:45PM FINALS START</b>																						