

**FRIDAY PM - 5:00-5:35 pm**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
12/U	12/U	12/U	12/U	12/U	13/O	13/O	13/O	13/O	13/O

**FRIDAY PM - 5:35-5:45 pm**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
PACE	SPRINT	SPRINT	CIRCLE	CIRCLE	CIRCLE	CIRCLE	SPRINT	SPRINT	PACE

**SATURDAY AM - 8:00-8:20 am - 12/UNDERS**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
MJCC (10)	NSC (7)	SWAT (10)	PAC (9)	PAC (9)	PAC (5)	RAC (9)	RAC (10)	RAC (10)	MAC (9)	SEAL (10)	SEAL (5)	CDOG (10)	CDOG (10)
	SWAT (2)				RAC (5)						CDOG (7)		

**SATURDAY AM - 8:20-8:45 am**

13/OVERS							12/UNDERS OUT BY 8:40 AM						
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
RAYS (5)	CDOG (4)	RAC (8)	PAC (9)	NMBS (5)	SEAL (2)	FINS (2)	RAYS (10)	RAYS (5)	GWYB (8)	HNHS (9)	FINS (10)	NMBS (6)	WFYD (10)
NWYL (4)	MAC (4)			NSC (3)	MJCC (2)	HNHS (2)		WRTS (3)				NWYL (1)	
					GWYB (1)	SWAT (4)						FINS (2)	
					WRTS (1)								

**SATURDAY AM - 8:45-8:55 - SPECIFIC WARM UP**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
PACE	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	PACE	CIRCLE	CIRCLE	CIRCLE	CIRCLE

**SATURDAY PM - 12/UNDERS 1:15-1:35 pm**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
PAC (12)	PAC (11)	RAC (10)	RAC (9)	MAC (9)	WRTS (8)	HNHS (6)	NSC (6)	FINS (5)	NMBS (5)	GWYB (4)	SEAL (5)	CDOG (10)	CDOG (11)
								MJCC (3)	RAYS (3)	SWAT (3)	NWYL (1)		
											WFYD (2)		

**SATURDAY PM - 13/OVERS 1:35-2:00 PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
MAC (10)	MAC (10)	MAC (3)	PAC (10)	RAC (12)	RAYS (12)	RAYS (3)	WFYD (8)	MJCC (9)	GWYB (6)	SEAL (7)	NSC (7)	CDOG (10)	CDOG (11)
		PAC (6)				HNHS (6)	NWYL (1)		FINS (6)	SWAT (2)	WRTS (3)		
						NMBS (3)							

**SATURDAY PM - 2:00-2:10 PM - SPECIFIC WARM UP**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
PACE	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	PACE	CIRCLE	CIRCLE	CIRCLE	CIRCLE

**SUNDAY AM - 8:00-8:20 am - 12/UNDERS**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
PAC (10)	PAC (10)	PAC (10)	PAC (7)	RAC (10)	RAC (10)	RAC (11)	FINS (9)	FINS (5)	MJCC (10)	SEAL (12)	NSC (9)	CDOG (13)	CDOG (13)
			WRTS (2)					MJCC (4)			SEAL (3)		

**SUNDAY AM - 8:20-8:45 am**

13/OVERS							12/UNDERS OUT BY 8:40 AM						
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
CDOG (4)	PAC (9)	RAC (8)	RAYS (6)	NMBS (6)	SEAL (2)	GWYB (1)	MAC (10)	GWYB (9)	WFYD (10)	RAYS (12)	RAYS (3)	SWAT (12)	HNHS (9)
SWAT (5)			NWYL (3)	NSC (2)	MAC (4)	MJCC (2)					NMBS (9)		
					HNHS (2)	WRTS (1)							
						FINS (4)							

**SUNDAY AM - 8:45-8:55 am - SPECIFIC WARM UP**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
PACE	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	PACE	CIRCLE	CIRCLE	CIRCLE	CIRCLE

**SUNDAY PM - 12/UNDERS 1:15-1:35 pm**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
PAC (8)	PAC (8)	PAC (8)	NSC (6)	MAC (6)	WRTS (8)	RAC (8)	RAC (9)	FINS (7)	NMBS (6)	HNHS (6)	SEAL (5)	CDOG (10)	CDOG (11)
			MJCC (3)	WFYD (2)				NWYL (1)	SWAT (3)	RAYS (4)	GWYB (5)		

**SUNDAY PM - 13/OVERS 1:35-2:00 PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
MAC (10)	MAC (10)	MAC (3)	PAC (10)	RAC (10)	RAYS (11)	RAYS (4)	WFYD (9)	MJCC (8)	GWYB (6)	SEAL (7)	NSC (8)	CDOG (10)	CDOG (11)
		PAC (6)				HNHS (6)	NWYL (1)	SWAT (2)	FINS (6)	NMBS (4)	WRTS (2)		

**SUNDAY PM - 2:00-2:10 pm - SPECIFIC WARM UP**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13	Lane 14
PACE	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	PACE	CIRCLE	CIRCLE	CIRCLE	CIRCLE