

WARM UPS

FRIDAY

5:00-5:40 General Warm up all 6 lanes
5:40-5:55 Specific Warm Up
Lanes 1 & 6 Pace
Lanes 2 & 5 1 way starts
Lanes 3 & 4 Circle

Saturday & Sunday Morning

1 st Warm Up	2 nd Warm Up	3 rd Warm Up
8:00-8:25	8:25-8:50	8:50-9:15
SMST Lanes 1-3	SJCC Lanes 1-3	ZEUS Lanes 1-5
RYWC Lanes 4-6	FFLY Lanes 5 & 6	BSY Lane 6
	ICSC Lane 4	

9:15-9:25 Specific Warm Up

Lane 1 Pace

Lanes 2-5 1 way starts

Saturday & Sunday Afternoon

1 st Warm Up	2 nd Warm Up	3 rd Warm Up
1:00-1:25	1:25-1:50	1:50-2:15
SMST Lanes 1-4	ZEUS Lanes 1-5	RYWC Lanes 2 & 3
FFLY Lanes 5 & 6	BSY Lane 6	ICSC Lane 4
		SJCC Lanes 5 & 6
		Open Lane 1 – any club/General

2:15-2:25 Specific Warm Up

Lane 1 Pace

Lanes 2-5 1 way starts