



Hosted by RYWC

FRIDAY EVENING: Warm-up: 4:30pm, Meet Start: 5:30pm

Warm up assignments:

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
4:30- 4:55pm	12/U NMBS (1) SLAC (2) SYS (4)	12/U LEHY (3) FINS (2) SEAL (4)	12/U NCY (6) WWRX (2)	12/U PAC (3) RYWC (5)	12/U CDOG (6) FVYT (1) IVY (1)	13/O CDOG (10) NSC (1) NWYL (2)
4:55- 5:20pm	13/O SYS (8) WFYD (2) WWRX (3)	13/O RYWC (11) PAC (2)	13/O NCY (12)	13/O FINS (8) NMBS (3) SLAC (2)	13/O FVYT (2) IVY (4) LEHY (3)	13/O CDOG (10) SEAL (3)
5:20- 5:30pm	PACE 13/O	13/O ONE WAY SPRINTS	13/O ONE WAY SPRINTS	12/U ONE WAY SPRINTS	12/U ONE WAY SPRINTS	PACE 12/U

- ALL SWIMMERS MUST ENTER THE POOL FEET FIRST
- STARTS ARE ONLY ALLOWED AT DESIGNATED TIMES AND LANES
- POOL MUST CLEAR BETWEEN EACH WARM UP SESSION