

WARM-UP ASSIGNMENTS

Friday – Sunday PRELIMS

| TIME/LANE | LANE 1 | LANE 2 | LANE 3 | LANE 4 | LANE 5 | LANE 6 |
|-------------|--------------|--------------|--------------|--------------|--------------|--------------|
| 7:30-8:00 | 13/0 OPEN | 13/0 OPEN | 13/0 OPEN | 13/0 OPEN | 13/0 OPEN | 13/0 OPEN |
| 8:00 – 8:20 | 12/U OPEN | 12/U OPEN | 12/U OPEN | 12/U OPEN | 12/U OPEN | 12/U OPEN |
| 8:20 – 8:40 | 13/0 OPEN | 13/0 OPEN | 12/U OPEN | 12/U OPEN | 12/U OPEN | 12/U OPEN |
| 8:40-8:55 | PACE | SPRINTS | SPRINTS | SPRINTS | SPRINTS | PACE |