

Warm Up 1 8:00am - 8:25am

Lane	
1	WRAT
2	WRAT
3	WYW
4	WYW
5	WYW
6	GRYM
7	ZEUS
8	ZEUS

Warm Up 2 8:25am - 8:50am

Lane	
1	BULL
2	BULL
3	CPAC
4	CDOG
5	CDOG
6	CDOG
7	SSAC
8	GYWD

Specific Warm Up 8:50am - 9:00am

Lane	
1	PACE
2	STARTS
3	STARTS
4	CIRCLE
5	CIRCLE
6	STARTS
7	STARTS
8	PACE