

Friday 11/o Warmup

Open W/U 11:30-12:15	Lane 1 12/u Open	Lane 2 Open	Lane 3 Open	Lane 4 Open	Lane 5 Open	Lane 6 Open	Lane 7 Open	Lane 8 Open
Specific W/U 12:15-12:25	Lane 1 Pace	Lane 2 Starts	Lane 3 Starts	Lane 4 Open	Lane 5 Open	Lane 6 Starts	Lane 7 Starts	Lane 8 Pace

Friday 12/u Warmup

Open W/U 4:30-5:15	Lane 1 Open	Lane 2 Open	Lane 3 Open	Lane 4 Open	Lane 5 Open	Lane 6 Open	Lane 7 Open	Lane 8 Open
Specific W/U 5:15-5:30	Lane 1 Pace	Lane 2 Starts	Lane 3 Starts	Lane 4 Open	Lane 5 Open	Lane 6 Starts	Lane 7 Starts	Lane 8 Pace