

## Saturday and Sunday 13/o Warmup

<b>Open W/U</b> 8:00-8:45	<b>Lane 1</b> Open	<b>Lane 2</b> Open	<b>Lane 3</b> Open	<b>Lane 4</b> Open	<b>Lane 5</b> Open	<b>Lane 6</b> Open	<b>Lane 7</b> Open	<b>Lane 8</b> Open
<b>Specific W/U</b> 8:45-9:00	<b>Lane 1</b> Pace	<b>Lane 2</b> Starts	<b>Lane 3</b> Starts	<b>Lane 4</b> Starts	<b>Lane 5</b> Starts	<b>Lane 6</b> Starts	<b>Lane 7</b> Starts	<b>Lane 8</b> Open