



WARMUP ASSIGNMENTS				
SESSION	MORNING		AFTERNOON	
START	9:00 AM		1:00 PM	
WARMUP TIMES	8-8:25 AM	8:25-8:50 AM	12-12:25 PM	12:25-12:50 PM
LANE 1	SCT	SCT	SWAQ	SWAQ
LANE 2	SWAQ	SWAQ	SWAQ	SWAQ
LANE 3	SWAQ	NTA	NTA	NTA
LANE 4	NTA	NTA	NTA	NTA
LANE 5	NTA	NTA	NTA	NTA
LANE 6	WSO	WSO	WSO	WSO
BACK POOL	8-8:25 AM	8:25-8:50 AM	12-12:25 PM	12:25-12:50 PM
LANE 1	SCT	SWAQ	SWAQ	SWAQ
LANE 2	SWAQ	SWAQ	SWAQ	SWAQ
LANE 3	SWAQ	SWAQ	SWAQ	SWAQ
LANE 4	NTA	NTA	NTA	NTA
LANE 5	NTA	NTA	NTA	NTA
LANE 6	WSO	WSO	WSO	WSO