

## TEAM WARM-UP ASSIGNMENTS FOR PRELIMS

FRIDAY AM PRELIMS						SATURDAY AM						
Check-in 10:10AM; Start 10:50AM						Check-in 7:50AM; Start 8:35AM						
3 WARMUPS						3 WARMUPS						
9:30AM		9:55AM		10:20AM		7:15AM		7:40AM		8:05AM		
	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE	MAIN	DIVE
D-A	XXX		XXX	SWAC	XXX	<i>all</i>	XXX	HCY	XXX	CCC,NJBL,NJB	XXX	EAG/CBGC
D-B	XXX	BB	XXX	STAC	XXX	<i>other</i>	XXX	PTAC	XXX	SCAR-R	XXX	WAVE
D-C	XXX	LHY	XXX	SSAC	XXX	<i>teams</i>	XXX	NJRC	XXX	SCAR-B	XXX	MEY/WY
L1	RBY	LHY	SVY	SSAC/MB	SAY	JFAC	RBY	TS	LHY	SCAR-W	CAT	HACY/MAY
L2	RBY	LHY	SVY	WEST	SAY	JFAC	RBY	TS	LHY	SCAR W & E	<b>CAT</b>	WEST
L3	RBY	LHY	SVY	RANY	<b>EEX</b>	MEY/WAVE	RBY	XCEL/RVYM	LHY	JFAC/MDY	<b>CAT</b>	STAC
L4	RBY	TS	SVY	CJAC	SCAR-W	HACY/NJRC	RBY	XCEL	LHY	JFAC	<b>CAT</b>	MB
L5	RBY	TS	WFY	SHY	SCAR-W	RVYM	RBY	XCEL/WW	EEX	SHY	SVY	RANY/RA
L6	RBY	CAT	WFY	SHY	SCAR-B	CCC/EAG	WFY	PAA/SSAC	<b>EEX/MYM</b>	SHY	SVY	RANY
L7	MCSC	CAT	XCEL	PAA	SCAR E & R	MDY/WY	WFY	PAA	SAY	MCSC	SVY	CJAC/BB
L8	MCSC	CAT	XCEL	PAA	MYM/MAY	PTAC/RA	WFY/SRAY	PAA	SAY	MCSC	SVY	CJAC

\*Friday AM 500 swimmers need their own timers and lap counters

*Twenty-five minute warmup sessions; five minute of sprints are included in each session*

**THE COMPETITION POOLS WILL  
BE OPEN FOR WARM-UP FOR THE  
1000's and 1650's AFTER PRELIMS**

**THE COMPETITION POOLS WILL  
BE OPEN FOR WARMUP FOR PM FINALS  
Finals will start at 6:00PM every day**

*13/Over Swimmers provide a timer and a lap counter  
for the 500's, 1000's, & 1650's  
1000's & 1650's will not start before noon*

**Relays are due by 5:30 every day**

## TEAM WARM-UP ASSIGNMENTS FOR TIMED FINALS FOR 12/UNDERS

FRIDAY 12/UNDERS CHECK-IN BY 1:50PM START AT 2:25PM				SAT. 12/UNDERS CHECK-IN BY 2:05PM START AT 2:40PM				
1:30PM		1:55PM		1:45PM		2:10PM		
	MAIN	DIVE	MAIN	MAIN	DIVE	MAIN	DIVE	
D-A	XXX	NJBL	XXX	<i>all</i>	XXX	SSCA	WY/HCY	
D-B	XXX	RANY	XXX	<i>other</i>	XXX	SWAC	RVYM/HACY	
D-C	XXX	SAY	XXX	<i>teams</i>	XXX	NJRC	CJAC/MB	
L1	LHY	<b>EEX/RBY</b>	CAT	SSAC	SVY	WAVE	LHY	MCSC/NJB
L2	LHY	RBY	<b>CAT</b>	MCSC/RA	SVY	SHY	LHY	RANY/SRAY
L3	LHY/SVY	NJRC	WEST	WY/HCY	SVY	XCEL	LHY	SAY/EAG
L4	SVY	PTAC	WEST/BB	JFAC/CBGC	CAT	PAA	SCAR-W	TS/MDY
L5	SVY	XCEL	WAVE	MEY/MDY	CAT	JFAC	RBY	MYM/STAC
L6	WFY	SCAR-W	TS	EAG/HACY	WEST	WFY/CBGC	RBY	SCAR E & R
L7	WFY	SCAR-E	MYM/STAC	MAY/SRAY	WEST	WFY	PTAC	SCAR-B/MAY
L8	PAA	SCAR B & R	CJAC/RVYM	SHY	<b>EEX/MEY</b>	WFY	NJBL/TWST	RA/BB

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## TEAM WARM-UP ASSIGNMENTS FOR PRELIMS

<b>SUNDAY AM</b>						
<b>Check-in 7:50AM; Start 8:35AM</b>						
<b>3 WARMUPS</b>						
<b>7:15AM</b>		<b>7:40AM</b>		<b>8:05AM</b>		
MAIN	DIVE	MAIN	DIVE	MAIN	DIVE	
D-A	XXX	PTAC	XXX	SHY	XXX	EAG
D-B	XXX	PTAC	XXX	SHY	XXX	BB/MDY
D-C	XXX	TS	XXX	CJAC	XXX	RANY
L1	RBY	TS	EEX	PAA	CAT	RANY/HCY
L2	RBY	SVY	EEX/MEY	PAA	CAT	NJRC/WY
L3	RBY	SVY	XCEL/WW	PAA/SWAC	CAT	RVYM
L4	RBY	SVY	XCEL	JFAC	CAT/CCC	SSAC/MDY
L5	RBY/HACY	SVY/WAVE	XCEL/NJBL	JFAC/MAY	<b>WEST</b>	LHY
L6	SAY	WFY	MCSC	SCAR-W	MB	LHY
L7	SAY	WFY	MCSC	SCARW & E	SRAY/STAC	LHY
L8	SAY/RA	WFY/NJB	TWST/CBGC	SCARB&R	STAC/MYM	LHY

## TEAM WARM-UP FOR 12/UNDERS

<b>SUN. 12/UNDERS</b>				
<b>CHECK-IN BY 2:05PM</b>				
<b>START BY 2:40PM</b>				
<b>1:45PM</b>		<b>2:10PM</b>		
MAIN	DIVE	MAIN	DIVE	
D-A	XXX	MAY	XXX	MYM/SRAY
D-B	XXX	WY/NJB	XXX	CJAC/EAG
D-C	XXX	SCAR-B	XXX	CBGC/CCC
L1	<b>EEX</b>	SCARE & R	<b>PAA</b>	TS/RA
L2	LHY	SCAR-W	NJRC	SSAC/MB
L3	LHY	SAY	RBY	RANY/MDY
L4	LHY	PTAC	RBY	MCSC/RVYM
L5	SVY	XCEL	WEST	JFAC/SWAC
L6	SVY	WAVE	WEST	STAC/MEY
L7	SVY	CAT	WFY	NJBL/TWST
L8	BB/HCY	CAT	WFY	SHY/HACY

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