

Friday PM Warm-ups:

Warm-ups 4:30-5:25 pm

Lane 1 – RSCA

Lane 2 – RSCA

Lane 3 – FAST

Lane 4 – FAST and RPLX

Lane 5 – CSP

Lane 6 – GATR

Lane 7 – EDWY and YOSI

Lane 8 – PKWY

Lane 9 – PKWY

**Lane 10 – SALU, CRCY, RLAY, HEAT,
SEAL, STLS, and UNAT**

Saturday AM Warm-ups:

Warm-ups 8:00-8:55 am

Lane 1 – RSCA

Lane 2 – RSCA, CRCY, and UNAT

Lane 3 – PKWY

Lane 4 – PKWY and STLS

Lane 5 – CSP, SEAL, and HHST

Lane 6 – RPLX and HEAT

Lane 7 – EDWY

Lane 8 – FAST

Lane 9 – FAST, YOSI, and RLAY

Lane 10 – SALU and GATR

Sunday AM Warm-ups:

Warm-ups 8:00-8:55 am

Lane 1 – FAST

Lane 2 – FAST, CRCY, and UNAT

Lane 3 – PKWY

Lane 4 – PKWY

Lane 5 – CSP and RLAY

Lane 6 – GATR and HEAT

Lane 7 – EDWY and STLS

Lane 8 – RSCA

Lane 9 – RSCA, YOSI, SEAL, and HHST

Lane 10 – SALU and RPLX