

**WARM UP SCHEDULE  
FRIDAY - JULY 24**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
2:00 - 2:50	OPEN LANE WARM UP							

**SATURDAY - JULY 25**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:40 - 7:00	AK	AK	AK	AAC	AAC	AAC	GM	GM
7:00 - 7:20	MVCC	RHCC GOLD	RHCC GOLD	VV	VV	VV	CCA	CCA
7:20 - 7:40	GRS	GRS	KCSC	5P	SS	SS	WB GEN	WRP PCC
7:40 - 8:00	DCC	DCC	HIGH	GVR	CACM	CACM	CKST	PCST
8:00 - 8:20	SKY	SKY	CHCC	EAST	BCST	VCC GLMR PINE	HIWAN VC VGST	GCC
8:20 - 8:40	WSST HH	MRMT CST WRST	BSB KF STING	CCC	FLR-P PP SC	NFG SR HILL	SCCA WAVES PW	OPEN
8:40 - 8:55	Starts	Starts	Turns	Circle Swim	Circle Swim	Turns	Starts	Starts

**WARM UP SCHEDULE  
SUNDAY - JULY 26**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:40 - 7:00	AK	AK	AK	AAC	AAC	AAC	RHCC	MVCC
7:00 - 7:20	GMST	GMST	GMST	GOLD	GOLD	VV	VV	CCA GEN
7:20 - 7:40	GRS	GRS	KCSC	5P	SS	SS	WB	WB
7:40 - 8:00	HIGH	HIGH	HIGH	GVR	CACM	CACM	CKST	PCST BCST
8:00 - 8:20	SKY	SKY	CHCC DCC	EAST	EAST	VCC/VC HIWAN WSST	PCC WRP	GCC VGST
8:20 - 8:40	BSB CST KF	STING	STING TRPR	CCC FLR-P	SR PP SC	NFG BLAST	WAVES PW	HILL LCC
8:40 - 8:55	Starts	Starts	Turns	Circle Swim	Circle Swim	Turns	Starts	Starts