**2016 Warm Up Schedule**

Friday, July 29th Meet Starts at 3:00

2:00-2:50 Open Warm Up

Saturday, July 30th Meet Starts at 8:50

6:00-6:30 Open Warm Up

6:30-8:20 Assigned Warm Up

6:30-7:50 9 and Overs

7:50-8:20 8 and Unders

8:20-8:40 Specialized Warm Up

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
| 6:00-6:30 | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN |
| 6:30-6:50 | VV | VV | CCA | CCA  EAST | EAST | SKY | SS | SS |
| 6:50-7:10 | HIGH | MVCC  BC | CKST  LCC  PCST | GMST | GMST  STING  VC | GOLD  GEN | KCSC | KCSC  CACM |
| 7:10-7:30 | GRS | WRP  DCC | AKST | AKST | AAC | AAC  BSB | CCC  GLEN | RHCC |
| 7:30-7:50 | WSST  GCC | SCCA  SC  STONE  WOOD | GVR  NFG | PP  PPOA  PCC | VG  WRST | CHCC | FLR  KF  MONT | CST  BLAST  5P |
| 7:50-8:05 | EAST  AAC | GMST  GRS | HIGH  GVR  KF | RHCC  VCC | NFG  WRST  PCC | PP  PCST  SCCA  RWH  STING  STONE | HIWAN  MONT  OVST  WSST | FLP  CACM  MVCC  VG |
| 8:05-8:20 | CCA | VV | VV  KCSC | SKY | AKST  BC  GEN | 5P  GOLD  WEST | GLEN  CHCC | SS  CST  WRP |
| 8:20-8:40 | STARTS | STARTS | STARTS | 8&UNDER  STARTS | 8&UNDER  STARTS | TURNS | TURNS | CIRCLE SWIM |

**2016 Warm Up Schedule**

Sunday, July 31th Meet Starts at 9:00

6:00-6:30 Open Warm Up

6:30-8:30 Assigned Warm Up

8:30-8:50 Specialized Warm Up

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
| 6:00-6:30 | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN | OPEN |
| 6:30-7:00 | HIGH | HIGH | CHCC  CCC | GEN  GVR | GOLD | GOLD  KCSC | SS  MVCC | SS |
| 7:00-7:30 | GRS | PCST | GMST | GMST  LCC | EAST | RHCC  VC  VCC  GLEN | STING  BC | SKY  WRP |
| 7:30-8:00 | AAC  HIWAN | AAC  GEN | AKST | AKST | WB | WB  SCCA | 5P | VG  WAVES |
| 8:00-8:30 | VV | VV | CCA | BSB  HILL | WSST  WRST  FLP  GCC | CKST | NFG  PP  PCC | CACM  KF  RR |
| 8:30-8:50 | STARTS | STARTS | STARTS | STARTS | TURNS | TURNS | CIRCLE SWIM | CIRCLE SWIM |