**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 | CCAEAST | EAST | SKY | SS | SS |
| 6:50-7:10 | HIGH | MVCCBC | CKSTLCCPCST | GMST | GMSTSTINGVC | GOLDGEN | KCSC | KCSCCACM |
| 7:10-7:30 | GRS | WRPDCC | AKST | AKST | AAC | AACBSB | CCCGLEN | RHCC |
| 7:30-7:50 | WSSTGCC | SCCASCSTONEWOOD | GVRNFG | PPPPOAPCC | VGWRST | CHCC | FLRKFMONT | CSTBLAST5P |
| 7:50-8:05 | EASTAAC | GMSTGRS | HIGHGVRKF | RHCCVCC | NFGWRSTPCC | PPPCSTSCCARWHSTINGSTONE | HIWANMONTOVSTWSST | FLPCACMMVCCVG |
| 8:05-8:20 | CCA | VV | VVKCSC | SKY | AKSTBCGEN | 5PGOLDWEST | GLENCHCC | SSCSTWRP |
| 8:20-8:40 | STARTS | STARTS | STARTS | 8&UNDERSTARTS | 8&UNDERSTARTS | 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 | CHCCCCC | GENGVR | GOLD | GOLDKCSC | SSMVCC | SS |
| 7:00-7:30 | GRS | PCST | GMST | GMSTLCC | EAST | RHCCVCVCCGLEN | STINGBC | SKYWRP |
| 7:30-8:00 | AACHIWAN | AACGEN | AKST | AKST | WB | WBSCCA | 5P | VGWAVES |
| 8:00-8:30 | VV | VV | CCA | BSBHILL | WSSTWRSTFLPGCC | CKST | NFGPPPCC | CACMKFRR |
| 8:30-8:50 | STARTS | STARTS | STARTS | STARTS | TURNS | TURNS | CIRCLE SWIM | CIRCLE SWIM |