

2017 Warmup Schedule

Friday, July 28 – 400 Freestyles

2:00 – 2:50 Open Warmup

3:00 Meet Starts

Saturday, July 29 Lower Division

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:00-6:20	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
6:20-6:40	AKST	AKST	AAC	AAC	GOLD	GOLD	GMST	GMST
6:40-7:00	5P	5P	RHCC	RHCC	WB	CKST	KCSC	KCSC
7:00-7:20	CCC	WRP	GEN MVCCM	BCST	CHCC	PCC DCC	GRST	GRST
7:20-7:40	HIGH	HIGH	PCST	EAST	EAST	SKY	SKY	CCA
7:40-8:00	PW PINE LAF HRS	SC FLP RWH WRST	STING	GVR	MRMNT SR GLEN	KF	KF	CCA
8:00-8:20	VV	VV	VV	VV	AKST	VGST	VGST	MM
8:20-8:40	SS	SS	SS	CST HIWAN	PP WAVES	WSST	BSC SCCA HH	VC BSB
8:40-8:50	STARTS	STARTS	STARTS	8&UNDER STARTS	8&UNDER STARTS	TURNS	TURNS	CIRCLE SWIM

Sunday, July 30 – Upper Division

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:00-6:20	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
6:20-6:45	AKST	AKST	AKST	AAC	AAC	STING	GOLD	GOLD
6:45-7:10	5P	5P	RHCC	GVR	WB	CKST	CKST	KCSC
7:10-7:35	CCC WRP	PCST	GEN BCST	MM	CHCC HIWAN MVCCM	GMST	GMST	GRST
7:35-8:0	HIGH	HIGH	HIGH	EAST	EAST	SKY	SKY	CCA
8:00-8:25	VV	VV	VV	PW	WSST	VGST	KF	LAF PCC NFG
8:25-8:50	SS	SS	GCC SCCA CST	HILL	WRST RR WAVES	SC FLR-P	PP BSC	BSB
8:50-9:00	STARTS	STARTS	STARTS	STARTS	TURNS	TURNS	CIRCLE SWIM	CIRCLE SWIM

