

### Warm up Schedule

Sunday July 29

	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	1-WAY STARTS
6:20-6:40	HIGH	HIGH	HIWAN	VVSC	VVSC	VVSC	VVSC	1-WAY STARTS
6:40-7:00	GMST	GEN	WRP PCC	CCA	CACM RRCC	AAC	AAC	1-WAY STARTS
7:00-7:20	GOLD	GOLD	SS	SS	SS	SS	PINE VC	1-WAY STARTS
7:20-7:40	BSB BSC	GCC	CHCC	EAST	HILL RRCC	VGST VCC	WSST WAVES	1-WAY STARTS
7:40-8:00	KF	FLRP LAF	NFG	CST CCC	STING	RHCC	PP SR	1-WAY STARTS
8:00-8:10	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	1-WAY STARTS
8:10-8:30	SKY	AKST	AKST	AKST	CKST	5P	5P	1-WAY STARTS
8:30-8:50	GRST	BCST	GVR	KCSC	KCSC	PCST	WB	1-WAY STARTS