

Saturday Morning Warm-Ups

First Warm-Up

7:00 am - 7:20 am

Lane	Team
1	AAC
2	AAC
3	HACC
4	CSC
5	DCPR
6	FISH
7	YORK
8	YORK

Second Warm-Up

7:20 am - 7:40 am

Lane	Team
1	RMSC-MAC
2	RMSC-MAC
3	RMSC-Olney
4	RMSC-Olney
5	RMSC-Germantown
6	RMSC-Germantown
7	RMSC-Rockville
8	RMSC-Rockville

Third Warm-Up

7:40 am - 8:00 am

Lane	Team
1	RMSC-MLK
2	RMSC-MLK
3	PM
4	PM
5	PM
6	ASA
7	ASA
8	FBST/ NCAP

Saturday Afternoon Warm-Ups

First Warm-Up

11:30 am - 11:50 am

Lane	Team
1	CSC/ NCAP
2	AAC
3	FBST
4	FISH
5	FISH
6	FISH
7	YORK
8	YORK

Second Warm-Up

11:50 am - 12:10 pm

Lane	Team
1	RMSC-MAC
2	RMSC-MAC
3	RMSC-Olney
4	RMSC-Olney
5	RMSC-MLK
6	RMSC-MLK
7	RMSC-Rockville
8	RMSC-Rockville

Third Warm-Up

12:10 pm -12:30 pm

Lane	Team
1	RMSC-Germantown
2	RMSC-Germantown
3	ASA
4	ASA
5	HACC
6	DCPR
7	PM
8	PM

Sunday Morning Warm-Ups

First Warm-Up

7:00 am - 7:20 am

Lane	Team
1	ASA
2	ASA
3	DCPR
4	CSC
5	FISH
6	HACC
7	YORK
8	YORK

Second Warm-Up

7:20 am - 7:40 am

Lane	Team
1	RMSC-MAC
2	RMSC-MAC
3	RMSC-Olney
4	RMSC-Olney
5	RMSC-MLK
6	RMSC-MLK
7	RMSC-Rockville
8	RMSC-Rockville

Third Warm-Up

7:40 am - 8:00 am

Lane	Team
1	RMSC-Germantown
2	RMSC-Germantown
3	AAC
4	AAC
5	PM
6	PM
7	PM
8	FBST/ NCAP

Sunday Afternoon Warm-Ups

First Warm-Up

11:30 am - 11:50 am

Lane	Team
1	FISH
2	FISH
3	CSC
4	FBST
5	HACC
6	AAC
7	YORK
8	YORK

Second Warm-Up

11:50 am - 12:10 pm

Lane	Team
1	RMSC-MAC
2	RMSC-MAC
3	RMSC-Olney
4	RMSC-Olney
5	RMSC-MLK
6	RMSC-MLK
7	RMSC-Rockville
8	RMSC-Rockville

Third Warm-Up

12:10 pm - 12:30 pm

Lane	Team
1	RMSC-Germantown
2	RMSC-Germantown
3	ASA
4	ASA
5	PM
6	PM
7	PM
8	DCPR/ NCAP