

**FRIDAY AFTERNOON WARM UPS  
POOL ONE**

**4:30-4:55 PM**

Lane	Team
1	YORK
2	YORK
3	HACC
4	FXFX
5	SDS
6	SDS
7	ASA
8	ASA

**4:55-5:20 PM**

Lane	Team
1	YORK
2	YORK
3	HACC
4	FXFX
5	FBST
6	SDS
7	ASA
8	ASA

**POOL TWO**

**4:30-4:55 PM**

Lane	Team
1	PM
2	SDS
3	CSC
4	AAC
5	AAC
6	MACH
7	MACH

**4:55-5:20 PM**

Lane	Team
1	PM
2	SDS
3	CSC
4	AAC
5	AAC
6	MACH
7	MACH

**COOL DOWN POOL**

**4:30-4:55 PM**

Lane	Team
1	MACH
2	MACH
3	MACH
4	AAC
5	CSC

**4:55-5:20 PM**

Lane	Team
1	MACH
2	MACH
3	MACH
4	AAC
5	CSC

**SATURDAY 13 & OVER WARM UPS  
POOL ONE**

<b>6:30-6:55 AM</b>		<b>6:55-7:20 AM</b>	
Lane	Team	Lane	Team
1	YORK	1	YORK
2	YORK	2	YORK
3	YORK	3	YORK
4	MACH	4	MACH
5	MACH	5	MACH
6	MACH	6	MACH
7	MACH	7	MACH
8	MACH	8	MACH

**POOL TWO**

<b>6:30-6:55 AM</b>		<b>6:55-7:20 AM</b>	
Lane	Team	Lane	Team
1	AAC	1	AAC
2	SDS	2	SDS
3	HACC	3	HACC
4	ASA	4	ASA
5	PM	5	PM
6	CSC	6	CSC
7	FBST	7	FXFX

**COOL DOWN POOL**

<b>6:30-6:55 AM</b>		<b>6:55-7:20 AM</b>	
Lane	Team	Lane	Team
1	MACH	1	MACH
2	AAC	2	AAC
3	AAC	3	SDS
4	ASA	4	HACC
5	FXFX	5	FBST

# SATURDAY 11-12 WARM UPS

## POOL ONE

**10:15-10:40 AM**

Lane	Team
1	YORK
2	YORK
3	YORK
4	MACH
5	MACH
6	MACH
7	MACH
8	CSC

**10:40-11:05 AM**

Lane	Team
1	YORK
2	YORK
3	YORK
4	MACH
5	MACH
6	MACH
7	MACH
8	CSC

## POOL TWO

**10:15-10:40 AM**

Lane	Team
1	PM
2	SDS
3	HACC
4	FXFX
5	ASA
6	AAC
7	FBST

**10:40-11:05 AM**

Lane	Team
1	PM
2	SDS
3	HACC
4	FXFX
5	ASA
6	AAC
7	FBST

## COOL DOWN POOL

**10:15-10:40 AM**

Lane	Team
1	SDS
2	SDS
3	AAC
4	HACC
5	ASA

**10:40-11:05 AM**

Lane	Team
1	SDS
2	SDS
3	AAC
4	HACC
5	ASA

**SATURDAY 10 & UNDER WARM-UPS  
POOL ONE**

**1:45-2:10 PM**

Lane	Team
1	YORK
2	YORK
3	YORK
4	SDS
5	SDS
6	SDS
7	ASA
8	ASA

**2:10-2:35 PM**

Lane	Team
1	YORK
2	YORK
3	YORK
4	SDS
5	SDS
6	SDS
7	ASA
8	ASA

**POOL TWO**

**1:45-2:10 PM**

Lane	Team
1	MACH
2	MACH
3	HACC
4	CSC
5	AAC
6	PM
7	FBST

**2:10-2:35 PM**

Lane	Team
1	MACH
2	MACH
3	HACC
4	CSC
5	AAC
6	PM
7	FXFX

**COOL DOWN POOL**

**1:45-2:10 PM**

Lane	Team
1	MACH
2	MACH
3	ASA
4	HACC
5	FXFX

**2:10-2:35 PM**

Lane	Team
1	MACH
2	MACH
3	ASA
4	AAC
5	FBST

**SUNDAY 13 & OVER WARM UPS  
POOL ONE**

<b>6:30-6:55 AM</b>		<b>6:55-7:20 AM</b>	
Lane	Team	Lane	Team
1	YORK	1	YORK
2	YORK	2	YORK
3	YORK	3	YORK
4	YORK	4	YORK
5	AAC	5	AAC
6	AAC	6	AAC
7	AAC	7	AAC
8	HACC	8	HACC

**POOL TWO**

<b>6:30-6:55 AM</b>		<b>6:55-7:20 AM</b>	
Lane	Team	Lane	Team
1	MACH	1	MACH
2	MACH	2	MACH
3	FXFX	3	FBST
4	SDS	4	SDS
5	PM	5	PM
6	ASA	6	ASA
7	CSC	7	CSC

**COOL DOWN POOL**

<b>6:30-6:55 AM</b>		<b>6:55-7:20 AM</b>	
Lane	Team	Lane	Team
1	MACH	1	MACH
2	MACH	2	MACH
3	MACH	3	MACH
4	SDS	4	SDS
5	FBST	5	FXFX

## SUNDAY 11-12 WARM UPS

### POOL ONE

**10:15-10:40 AM**

Lane	Team
1	YORK
2	YORK
3	YORK
4	MACH
5	MACH
6	MACH
7	ASA
8	ASA

**10:40-11:05 AM**

Lane	Team
1	YORK
2	YORK
3	YORK
4	MACH
5	MACH
6	MACH
7	ASA
8	ASA

### POOL TWO

**10:15-10:40 AM**

Lane	Team
1	PM
2	SDS
3	HACC
4	HACC
5	AAC
6	CSC
7	FBST

**10:40-11:05 AM**

Lane	Team
1	PM
2	SDS
3	HACC
4	HACC
5	AAC
6	CSC
7	FXFX

### COOL DOWN POOL

**10:15-10:40 AM**

Lane	Team
1	MACH
2	MACH
3	SDS
4	AAC
5	FXFX

**10:40-11:05 AM**

Lane	Team
1	MACH
2	MACH
3	SDS
4	AAC
5	FBST

**SUNDAY 10 & UNDER WARM-UPS**  
**POOL ONE**

**1:45-2:10 PM**

Lane	Team
1	YORK
2	YORK
3	YORK
4	MACH
5	MACH
6	CSC
7	AAC
8	AAC

**2:10-2:35 PM**

Lane	Team
1	YORK
2	YORK
3	YORK
4	MACH
5	MACH
6	CSC
7	AAC
8	AAC

**POOL TWO**

**1:45-2:10 PM**

Lane	Team
1	ASA
2	ASA
3	SDS
4	SDS
5	PM
6	HACC
7	FBST

**2:10-2:35 PM**

Lane	Team
1	ASA
2	ASA
3	SDS
4	SDS
5	PM
6	HACC
7	FXFX

**COOL DOWN POOL**

**1:45-2:10 PM**

Lane	Team
1	MACH
2	MACH
3	ASA
4	SDS
5	FXFX

**2:10-2:35 PM**

Lane	Team
1	MACH
2	MACH
3	HACC
4	SDS
5	FBST