

SESSION 1: 12 & UNDER**WARM UP 1: 8-8:25am**

LANE	TEAM
1	DRAG
2	DRAG/RIPS
3	RIPS
4	RIPS
5	LIFE
6	LIFE
7	JFD
8	JFD
9	KILLAN/SNOW
10	SNOW
11	SNOW
12	SNOW
13	SNOW

SESSION 1: 12 & UNDER**WARM UP 2: 8:25-8:50am**

LANE	TEAM
1	WST
2	R-Y
3	R-Y
4	R-Y
5	R-Y
6	R-Y
7	MAKO
8	MAKO
9	MAKO
10	MAKO
11	MAKO
12	MAKO
13	MAKO

SESSION 2: 13 & OVER**WARM UP 1: 12:30-1:00pm**

LANE	TEAM
1	DRAG/KILLIAN
2	MAKO
3	MAKO
4	MAKO
5	MAKO
6	MAKO/NCAP
7	SNOW
8	SNOW
9	SNOW
10	SNOW
11	SNOW
12	SNOW
13	SNOW

SESSION 2: 13 & OVER**WARM UP 2: 1:00-1:30pm**

LANE	TEAM
1	JFD
2	JFD
3	LIFE/RIPS
4	RIPS
5	RIPS
6	WST
7	WST/SSCT
8	R-Y
9	R-Y
10	R-Y
11	R-Y
12	R-Y
13	R-Y