

Oct Open - Claude Moore Warm-up Assignments

Friday		
ALL AGES 5:00-5:40 pm		
OPEN Warm-ups		

CP = Competition Pool
S = Shallow Pool

Saturday		
13 & Over	6:30-6:55 am	6:55-7:20 am
C1	MACH	BWST
C2	MACH	BWST
C3	MACH	FAA/HACC
C4	MACH	HACC
C5	MACH	LIFE
C6	MACH	LIFE
C7	MACH	PAVA/APEX
C8	MACH	NCAP-DS
C9	MACH	NCAP-DS
C10	MACH	NCAP-DS
S1	MACH	NCAP-W
S2	MACH	NCAP-W
S3	MACH	NCAP-W
S4	MACH	NCAP-CM
S5	MACH	NCAP-CM
S6	MACH	NCAP-CM
S7	MACH	NCAP-CM
S8	MACH	MACH

CP = Competition Pool
S = Shallow Pool

Saturday		
11-12	12:30-12:50 pm	12:50-1:10 pm
C1	NCAP-CM	BWST
C2	NCAP-CM	BWST
C3	NCAP-CM	HACC
C4	NCAP-CM	HACC
C5	MACH	LIFE/FAA
C6	MACH	NCAP-DS
C7	MACH	NCAP-DS
C8	MACH	NCAP-W
C9	MACH	NCAP-W
C10	MACH	NCAP-W
S1	MACH	NCAP-W
S2	MACH	NCAP-W
S3	MACH	NCAP-W

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Saturday		
9-10	4:15-4:30 pm	4:30-4:45 pm
C1	NCAP-CM	HACC
C2	NCAP-CM	HACC
C3	BWST	LIFE
C4	BWST	LIFE
C5	MACH	LIFE
C6	MACH	NCAP-W
C7	MACH	NCAP-W
C8	MACH	NCAP-W
C9	MACH	NCAP-DS
C10	MACH	NCAP-DS
S1	MACH	NCAP-DS
S2	MACH	NCAP-DS
S3	MACH	NCAP-DS

CP = Competition Pool
S = Shallow Pool

Sunday		
13 & Over	6:30-6:55 am	6:55-7:20 am
C1	NCAP-CM	MACH
C2	NCAP-CM	MACH
C3	NCAP-CM	MACH
C4	NCAP-CM	MACH
C5	LIFE	MACH
C6	LIFE	MACH
C7	PAVA/APEX	MACH
C8	NCAP-W	MACH
C9	NCAP-W	MACH
C10	NCAP-W	MACH
S1	NCAP-DS	MACH
S2	NCAP-DS	MACH
S3	BWST	MACH
S4	BWST	MACH
S5	FAA/HACC	MACH
S6	HACC	MACH
S7	MACH	MACH
S8	MACH	MACH

Sunday		
11-12	11:45 am-12:10 pm	12:10-12:35 pm
C1	BWST	LIFE/FAA
C2	BWST	MACH
C3	HACC	MACH
C4	HACC	MACH
C5	NCAP-W	MACH
C6	NCAP-W	MACH
C7	NCAP-W	MACH
C8	NCAP-W	MACH
C9	NCAP-W	MACH
C10	NCAP-W	MACH
S1	NCAP-DS	NCAP-CM
S2	NCAP-DS	NCAP-CM
S3	NCAP-DS	NCAP-CM

Sunday		
9-10	3:30-3:45 pm	3:45-4:00 pm
C1	BWST	MACH
C2	BWST	MACH
C3	NCAP-W	MACH
C4	NCAP-W	MACH
C5	NCAP-W	MACH
C6	NCAP-DS	MACH
C7	NCAP-DS	MACH
C8	NCAP-DS	MACH
C9	NCAP-DS	MACH
C10	NCAP-DS	MACH
S1	LIFE	HACC
S2	LIFE	NCAP-CM
S3	LIFE	NCAP-CM