

## Saturday Morning Warm-Ups

### First Warm-Up

7:00 am - 7:20 am

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

### Second Warm-Up

7:20 am - 7:40 am

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

### Third Warm-Up

7:40 am - 8:00 am

Lane	Team
1	RMSC-Germantown
2	RMSC-Germantown
3	RMSC-MLK
4	RMSC-MLK
5	ASA
6	ASA
7	HACC
8	FBST/TOLL

## Saturday Afternoon Warm-Ups

### First Warm-Up

12:15 pm - 12:35 pm

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

### Second Warm-Up

12:35 pm - 12:55 pm

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

### Third Warm-Up

12:55 pm - 1:15 pm

Lane	Team
1	RMSC-Germantown
2	RMSC-Germantown
3	RMSC-MLK
4	RMSC-MLK
5	ASA
6	ASA
7	HACC
8	FBST/TOLL

## Sunday Morning Warm-Ups

### First Warm-Up

7:00 am - 7:20 am

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

### Second Warm-Up

7:20 am - 7:40 am

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

### Third Warm-Up

7:40 am - 8:00 am

Lane	Team
1	RMSC-Germantown
2	RMSC-Germantown
3	RMSC-MLK
4	RMSC-MLK
5	ASA
6	ASA
7	HACC
8	FBST/TOLL

## Sunday Afternoon Warm-Ups

### First Warm-Up

12:15 pm - 12:35 pm

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

### Second Warm-Up

12:35 pm - 12:55 pm

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

### Third Warm-Up

12:55 pm - 1:15 pm

Lane	Team
1	RMSC-Germantown
2	RMSC-Germantown
3	RMSC-MLK
4	RMSC-MLK
5	ASA
6	ASA
7	HACC
8	FBST/TOLL