

# TEAM WARM-UP ASSIGNMENTS FOR PRELIMS AND TIMED FINALS

## FRIDAY AM

**\*500 FREES WARMUP AT 7:10;  
CHECK-IN 7:30; START 7:50AM**

**9:35AM 2 warmups 10:05AM  
CHECK-IN 10:05; START @ 10:35AM**

EEX		CAT
CJAC		JFAC
FOBY	<b>H</b>	MYM
IA	<b>O</b>	NJRC
JG	<b>L</b>	SCAR
LHY	<b>I</b>	SHY
RANY	<b>D</b>	TS
RBY	<b>A</b>	WFY
RVYM	<b>Y</b>	XCEL
SAY		ZEUS
SVY		<i>...and all others</i>

## SATURDAY AM

**Check-in 7:45; Start 8:20AM**

**2 WARMUPS**

7:15AM		7:45AM
EEX		CJAC
CAT		FOBY
JFAC	<b>C</b>	IA
MYM	<b>L</b>	JG
NJRC	<b>A</b>	LHY
SCAR	<b>S</b>	RANY
SHY	<b>S</b>	RBY
TS	<b>I</b>	RVYM
WFY	<b>C</b>	SAY
XCEL		SVY
ZEUS		<i>...and all others</i>

## SUNDAY AM

**Check-in 7:55; Start 8:30**

**3 WARMUPS**

7:15AM	7:40AM	8:05AM
EEX	BB	CFJV
CAT	BWTD	LHY
CCC	CJAC	MAY
FOBY	IA	MYM
JFAC	MB	NJRC
JG	NJBL	RANY
OCY	RBY	SAY
SCAR	RVYM	SVY
SDSC	SHY	WFY
TAC	TS	<i>...and</i>
ZEUS	XCEL	<i>all others</i>

**THE COMPETITION POOLS WILL  
BE OPEN FOR WARM-UP FOR THE  
1000's and 1650's AFTER PRELIMS**

**THE COMPETITION POOLS WILL  
BE OPEN FOR WARMUP FOR PM FINALS  
AT 5:00PM FOR ALL TEAMS  
FINALS WILL START AT 6:05PM**

**\*Friday AM 500 swimmers need their own timers and lap counters**

**Twenty-five minute warmup sessions; five minute of sprints are included in each session**

### FRIDAY 12/UNDERS CHECK-IN BY 1:55

**START AT 2:30**

1:25PM	1:55PM
EEX	BWTD
EAG	CAT
IA	CFJV
LHY	CJAC
MEY	JFAC
RANY	MB
RVYM	NJRC
SAY	RBY
TS	SCAR
TWST	SCY
WFY	SDSC
WY	SVY
XCEL	<i>...and all others</i>

### SAT. 12/UNDERS CHECK-IN BY 1:55

**START AT 2:30**

1:25PM	1:55PM
EEX	EAG
BWTD	IA
CAT	LHY
CFJV	MEY
CJAC	RANY
JFAC	RVYM
MB	SAY
NJRC	TS
RBY	TWST
SCAR	WFY
SCY	WY
SDSC	XCEL
SVY	<i>...and all others</i>

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### SUN. 12/UNDERS CHECK-IN BY 1:55

**START BY 2:30**

1:25PM	1:55PM
EEX	BWTD
EAG	CAT
IA	CFJV
LHY	CJAC
MEY	JFAC
RANY	MB
RVYM	NJRC
SAY	RBY
TS	SCAR
TWST	SCY
WFY	SDSC
WY	SVY
XCEL	<i>...and all others</i>

*...and  
all others*

