

## Saturday Morning Warm-Up and Timing Assignments

### First Warm up: 9:30-10:05AM

Lane 1 PAC / CREW  
Lane 2 PAC  
Lane 3 TAQ/ GOLD  
Lane 4 HSC  
Lane 5 HSC  
Lane 6 FINS  
Lane 7 FINS  
Lane 8 RipTide/ LCAT  
Outdoor Pool- 1-5- Crawfish  
Outdoor Pool- 6-8- Open

### Second Warm up: 10:05-10:40AM

Lane 1 COLA / Swim LA  
Lane 2 COLA  
Lane 3 OST /COLA  
Lane 4 NIA  
Lane 5 NIA / JASL  
Lane 6 Sat- CCSC/COSST/NORD  
Lane 7 Sat- Sharks  
Lane 8 BLAST  
Outdoor Pool 1-5- NuWave  
Outdoor Pool- 6-8- Open

### Timing – Report at 10:40AM

Lane 1 CRAW  
Lane 2 COLA  
Lane 3 CRAW  
Lane 4 Sharks/ Blast  
Lane 5 CRAW  
Lane 6 HSC  
Lane 7 CRAW  
Lane 8 New Iberia

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## Sunday Morning Warm-Up and Timing Assignments

### First Warm up: 8:30-9:05AM

Lane 1 PAC / CREW  
Lane 2 PAC  
Lane 3 TAQ/ GOLD  
Lane 4 HSC  
Lane 5 HSC  
Lane 6 FINS  
Lane 7 FINS  
Lane 8 RipTide/ LCAT  
Outdoor Pool- 1-5- Crawfish  
Outdoor Pool- 6-8- Open

### Second Warm up: 9:05-9:40AM

Lane 1 COLA / Swim LA  
Lane 2 COLA  
Lane 3 OST /COLA  
Lane 4 NIA  
Lane 5 NIA / JASL  
Lane 6 Sat- NuWave/ COSST  
Lane 7 Sat- NuWave  
Lane 8 BLAST  
Outdoor Pool 1-2- CCSC  
Outdoor Pool- 3- NORD  
Outdoor Pool 4-6- Elmwood  
Outdoor Pool- 7-8- Open

### Timing – Report at 9:40AM

Lane 1 CRAW  
Lane 2 COLA  
Lane 3 CRAW  
Lane 4 NuWave  
Lane 5 CRAW  
Lane 6 PAC  
Lane 7 CRAW  
Lane 8 FINS