

Friday Afternoon Warm-Up (4:30-5:15PM) and Timing Assignments

OPEN WARM UP ALL LANES

Timing – Report At 5:15PM

Lane 1 CRAW
Lane 2 CRAW
Lane 3 HSC
Lane 4 HSC
Lane 5 Fins / Elmwood
Lane 6 NuWave
Lane 7 RipTide / Blast
Lane 8 COSST

Event #4 800 Free - PROVIDE OWN TIMER

Saturday & Sunday Morning Warm-Up and Timing Assignments

First Warm up: 8:00-8:30AM

Lane 1 COSST / LA Gold
Lane 2 COSST
Lane 3 COSST
Lane 4 HSC
Lane 5 HSC
Lane 6 FINS
Lane 7 FINS
Lane 8 RipTide
Outdoor Pool- 1-7- Crawfish
Outdoor Pool- 8- Open

Second Warm up: 8:30-9:00AM

Lane 1 Sharks / Bayou
Lane 2 Sharks
Lane 3 Blast / Nord / RRR
Lane 4 PAC
Lane 5 PAC / Swim LA
Lane 6 Sat- WAVE, Sun-CCSC
Lane 7 Sat- WAVE, Sun-CCSC
Lane 8 OPEN
(Sat)Outdoor Pool 1-5- CCSC
(Sun) Outdoor Pool 1-5- NuWave
Outdoor Pool, Both days, 6-8- Open

Timing – Report at 9:00AM

Lane 1 CRAW
Lane 2 Sharks/COSST
Lane 3 COSST
Lane 4 RipTide/PAC
Lane 5 CCSC
Lane 6 WAVE
Lane 7 HSC
Lane 8 FINS

Event # 14 400 Free & Event # 27 400 IM - PROVIDE OWN TIMER

Saturday & Sunday Afternoon Warm-Up and Timing Assignments

First Warm up: 1:30-2:00PM

Lane 1 COSST / LA Gold
Lane 2 COSST
Lane 3 HSC/ RipTide
Lane 4 HSC
Lane 5 HSC
Lane 6 Sat- CCSC, Open- Sun
Lane 7 Sat- CCSC, Open-Sun
Lane 8 Bayou
Outdoor Pool- 1-7, CRAW
Outdoor Pool- 8, Open

Second Warm up: 2:00-2:30PM

Lane 1 WAVE
Lane 2 WAVE
Lane 3 FINS
Lane 4 FINS
Lane 5 BLAST/ NORD
Lane 6 PAC
Lane 7 Sharks /RRR
Lane 8 Swim LA
Outdoor Pool- Open

Timing – Report at 2:20PM

Lane 1 CRAW
Lane 2 HSC
Lane 3 COSST
Lane 4 Sat- CCSC, Sun- SwimLA/Blast
Lane 5 Bayou
Lane 6 WAVE
Lane 7 Sharks / PAC
Lane 8 FINS