

WARM-UP TIMES

Session 1 10:50-11:10		Session 3 11:30-11:50	
Lane 1	EAC	Lane 1	EPAC
Lane 2	EAC	Lane 2	EPAC
Lane 3	EAC	Lane 3	CVAC
Lane 4	SLST	Lane 4	PACS
Lane 5	SLST	Lane 5	LPAC/CYAA
Lane 6	SLST	Lane 6	MSC

Session 2 11:10-11:30		Session 4 11:50-12:10	
Lane 1	LFY	Lane 1	LAC
Lane 2	LFY	Lane 2	CA
Lane 3	LFY	Lane 3	SMSC
Lane 4	TCS	Lane 4	NDCY/TRY
Lane 5	LEBY	Lane 5	CHY/GETY
Lane 6	LVO	Lane 6	HAY/"LATE"

Feet first entry only. Starts may be done anytime in lanes with only one team. In lanes with more than one team, starts may only be done the last 10 minutes of the warmup period.