

# WARM-UP TIMES

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

  

<b>Session 2</b> <b>11:10-11:30</b>		<b>Session 4</b> <b>11:50-12:10</b>	
<b>Lane 1</b>	LFY	<b>Lane 1</b>	LAC
<b>Lane 2</b>	LFY	<b>Lane 2</b>	CA
<b>Lane 3</b>	LFY	<b>Lane 3</b>	SMSC
<b>Lane 4</b>	TCS	<b>Lane 4</b>	NDCY/TRY
<b>Lane 5</b>	LEBY	<b>Lane 5</b>	CHY/GETY
<b>Lane 6</b>	LVO	<b>Lane 6</b>	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.