

Team Warm-up Schedule and Lane Assignments

We will start each proceeding session on Saturday and Sunday as early as possible within the guidelines listed.

**** Please arrive for the earliest possible warm-up times listed in these guidelines**

Friday Evening: Warm up 4:00 and 4:40 PM. - Competition Starts 5:30 PM

Saturday AND Sunday Morning Session – (13 & Over)

Warm up 6:45 and 7:25 AM – Competition 8:15 AM

Saturday AND Sunday Mid-day Session –(9 & Under)

** Warm up following morning session but not before 11:30 AM

Competition not before 12:30 PM

Saturday Afternoon Session – (10 -12yr old)

** Warm up following mid-day session but not before 3:00 PM

Competition not before 4:00 PM

Sunday Afternoon Session – (10 -12yr old)

** Warm up following mid-day session but not before 2:30 PM

Competition not before 3:30 PM

**** Please arrive for the earliest possible warm-up times listed in these guidelines**

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Friday PM	4:00	SUSS FAST	SUSS	SUSS	TNT	TS	TS	TS	TS COLA
	4:40	CARD LYSC	CARD	CARD	CARD KAC	ET	ET	HA	HA
Sat. AM 13 & Over	6:45	CARD	CARD	CARD	HA	HA	SUSS	SUSS	SUSS
	7:25	TS LYSC	TS	CKST	TNT	KAC	COLA FAST	ET	ET LCST
Saturday Mid DAY 9 & Under	11:30?	CARD SUSS	CARD	CARD	TS FAST	TS	HA	ET KAC	TNT CKST
	45 min								
Sat. PM 10-12 yr old	TBA 40 min	TS KAC	TS	TS	TNT	COLA	SUSS	ET	ET LYSC
	TBA 40 min	FAST HA	HA	CARD CKST	CARD	CARD	CARD	CARD	CARD LCST
Sunday AM 13 & Over	6:45	SUSS FAST	SUSS	SUSS	TS	TS	LYSC ET	KAC ET	KAC
	7:25	CARD	CARD	CARD	HA	HA	TNT	COLA	CKST LCST
Sunday Mid DAY 9 & Under	11:30?	CARD KAC	CARD	CARD COLA	TS	TS FAST	LCST HA	ET TNT	SUSS CKST
	45 min								
Sunday PM 10-12 yr old	TBA 40 min	CARD	CARD	CARD	CARD	FAST KAC CKST	TNT	SUSS	SUSS LCST
	TBA 40 min	TS	TS	TS	ET LYSC	ET	HA	HA	COLA