

2009 LC Age Group Championships Warmup Schedule

Thursday AM Preliminaries

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|----------------|--------|--------|--------|--------|--------------|--------------|-----------------------------|--------------------|
| 6:30 – 7:05 AM | RMSC | RMSC | RMSC | RMSC | RMSC | ASA FAST | HACC AAC BWST FBST | PM OCCS PEAK |
| 7:05 – 7:40 AM | CUBU | CUBU | CUBU | CUBU | YORK FISH | MACH FGAC | SNOW MAKO MSSC | TIBU JFD SDS |

Thursday PM Preliminaries

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|-----------------|--------|--------|--------|--------|-------------|----------------------|------------------------------|---|
| 12:30 – 1:20 PM | RMSC | RMSC | CUBU | CUBU | ASA FISH | SNOW MACH HACC | MSSC BWST OCCS PEAK | FBST FAST FGAC PM SDS YORK |

Thursday Finals

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|----------------|-------------|--------|-------------------|-------------------|-------------------|-------------------|--------|--------|
| 4:50 – 5:20 PM | OPEN WARMUP | | | | | | | |
| 5:20 – 5:50 PM | Pace | Sprint | General Warmup | General Warmup | General Warmup | General Warmup | Sprint | Pace |

2009 LC Age Group Championships Warmup Schedule

Friday AM Preliminaries

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|----------------|--------|--------|--------|--------|--------------|--------------|-----------------------------|--------------------|
| 6:30 – 7:05 AM | CUBU | CUBU | CUBU | CUBU | YORK FISH | MACH FGAC | SNOW MAKO MSSC | TIBU JFD SDS |
| 7:05 – 7:40 AM | RMSC | RMSC | RMSC | RMSC | RMSC | ASA FAST | HACC AAC BWST FBST | PM OCCS PEAK |

Friday PM Preliminaries

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|-----------------|--------|--------|--------|--------|-------------|----------------------|------------------------------|---|
| 12:30 – 1:20 PM | RMSC | RMSC | CUBU | CUBU | ASA FISH | SNOW MACH HACC | MSSC BWST OCCS PEAK | FBST FAST FGAC PM SDS YORK |

Friday Finals

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|----------------|-------------|--------|-------------------|-------------------|-------------------|-------------------|--------|--------|
| 4:50 – 5:20 PM | OPEN WARMUP | | | | | | | |
| 5:20 – 5:50 PM | Pace | Sprint | General Warmup | General Warmup | General Warmup | General Warmup | Sprint | Pace |

**2009 LC Age Group Championships
Warmup Schedule**

Saturday Timed Finals

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|----------------|-------------|--------|----------------|----------------|----------------|----------------|--------|--------|
| 2:00 – 2:30 PM | OPEN WARMUP | | | | | | | |
| 2:30 – 2:50 PM | Pace | Sprint | General Warmup | General Warmup | General Warmup | General Warmup | Sprint | Pace |

2009 LC Age Group Championships Warmup Schedule

Sunday AM Preliminaries

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|----------------|--------|--------|--------|--------|--------------|--------------|-----------------------------|--------------------|
| 6:30 – 7:05 AM | RMSC | RMSC | RMSC | RMSC | RMSC | ASA FAST | HACC AAC BWST FBST | PM OCCS PEAK |
| 7:05 – 7:40 AM | CUBU | CUBU | CUBU | CUBU | YORK FISH | MACH FGAC | SNOW MAKO MSSC | TIBU JFD SDS |

Sunday PM Preliminaries

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|-----------------|--------|--------|--------|--------|-------------|----------------------|------------------------------|---|
| 12:30 – 1:20 PM | RMSC | RMSC | CUBU | CUBU | ASA FISH | SNOW MACH HACC | MSSC BWST OCCS PEAK | FBST FAST FGAC PM SDS YORK |

Sunday Finals

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|----------------|-------------|--------|-------------------|-------------------|-------------------|-------------------|--------|--------|
| 4:50 – 5:20 PM | OPEN WARMUP | | | | | | | |
| 5:20 – 5:50 PM | Pace | Sprint | General Warmup | General Warmup | General Warmup | General Warmup | Sprint | Pace |