

13 & Over Session

Warm-Up #1: 6:30-6:55am

Lanes 1-5: NCAP

Lanes 6-8: AAC

Warm-Up #2: 6:55-7:20am

Lane 1: FBST & LCL

Lane 2: LMAC & CLARK

Lanes 3-4: DC WAVE

Lanes 5-8: RMSC

12 & Under Session

Warm-Up #1: 12:00-12:25pm

Lanes 1-5: NCAP

Lanes 6-7: AAC

Lane 8: LMAC

Warm-Up #2: 12:25-12:50pm

Lane 1: FBST

Lane 2: LCL & CLARK

Lanes 3-4: DC WAVE

Lanes 5-8: RMSC