

Thursday 13-14 Warmup 1

7:00 – 7:30 am

Competition Pool

Lane 1: TOLL
Lane 2: TOLL
Lane 3: TOLL
Lane 4: ASA
Lane 5: ASA
Lane 6: FISH
Lane 7: SDS
Lane 8: DRAG

Warmup Pool

Lane 1: MACH
Lane 2: MACH
Lane 3: MACH
Lane 4: AAC / FXFX
Lane 5: MAKO / MAC
Lane 6: FAST / HACC / PAVA / PM
Lane 7: QOSA / STJS / YORK
Lane 8: OCCS
Lane 9: OCCS

Thursday 13-14 Warmup 2

7:30 – 8:00 am

Competition Pool

Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC

Warmup Pool

Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: NCAP
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC
Lane 9: RMSC

Thursday 12&U Warmup 1

11:30 – 11:55 am

Competition Pool

Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: RMSC
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: AAC / CSC / DCPR

Warmup Pool

Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: RMSC
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC
Lane 9: RMSC

Thursday 12&U Warmup 2

11:55 am – 12:20 pm

Competition Pool

Lane 1: ASA
Lane 2: ASA
Lane 3: ASA / ASTS / APEX
Lane 4: DRAG / LIFE
Lane 5: FXFX / TIBU
Lane 6: MACH
Lane 7: MACH
Lane 8: MAKO / MAC

Warmup Pool

Lane 1: METR
Lane 2: OCCS
Lane 3: OCCS / PM
Lane 4: FISH / QOSA
Lane 5: SDS / STJS
Lane 6: TOLL
Lane 7: TOLL
Lane 8: YORK
Lane 9: YORK / WSH / RY

Friday 13-14 Warmup 1

6:45 – 7:15 am

Competition Pool

**Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC**

Warmup Pool

**Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: NCAP
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC
Lane 9: RMSC**

Friday 13-14 Warmup 2

7:15 – 7:45 am

Competition Pool

**Lane 1: DRAG
Lane 2: MAKO / MAC
Lane 3: OCCS
Lane 4: OCCS
Lane 5: OCCS
Lane 6: MACH
Lane 7: MACH
Lane 8: MACH**

Warmup Pool

**Lane 1: TOLL
Lane 2: TOLL
Lane 3: TOLL
Lane 4: FISH / STJS
Lane 5: SDS
Lane 6: ASA
Lane 7: ASA
Lane 8: PAVA / PM
Lane 9: AAC / DCPR / FXFX**

Friday 12&U Warmup 1

11:45 am – 12:10 pm

Competition Pool

**Lane 1: AAC
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC**

Warmup Pool

**Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: RMSC
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC
Lane 9: RMSC**

Friday 12&U Warmup 2

12:10 – 12:35 pm

Competition Pool

**Lane 1: YORK
Lane 2: TOLL
Lane 3: TOLL / RY
Lane 4: FISH / FXFX
Lane 5: OCCS
Lane 6: PM / QOSA / SDS
Lane 7: METR
Lane 8: LIFE / MAKO / MAC**

Warmup Pool

**Lane 1: ASA
Lane 2: ASA
Lane 3: ASA / ASTS / APEX
Lane 4: DRAG / HACC / TIBU
Lane 5: CSC / DCPR / BWST
Lane 6: MACH
Lane 7: MACH
Lane 8: MACH
Lane 9: FXFX**

Sunday 13-14 Warmup 1

7:00 – 7:30 am

Competition Pool

Lane 1: TOLL
Lane 2: TOLL
Lane 3: MAC
Lane 4: ASA
Lane 5: ASA / TRA
Lane 6: FISH / STJS
Lane 7: SDS
Lane 8: DRAG

Warmup Pool

Lane 1: MACH
Lane 2: MACH
Lane 3: MACH
Lane 4: AAC / FXFX
Lane 5: MAKO / METR
Lane 6: FAST / HACC / PAVA / PM
Lane 7: QOSA / STJS / YORK
Lane 8: OCCS
Lane 9: OCCS

Sunday 13-14 Warmup 2

7:30 – 8:00 am

Competition Pool

Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC

Warmup Pool

Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: NCAP
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC
Lane 9: RMSC

Sunday 12&U Warmup 1

11:30 – 11:55 am

Competition Pool

Lane 1: AAC / BWST / DCPR
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC

Warmup Pool

Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: RMSC
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC
Lane 9: RMSC

Sunday 12&U Warmup 2

11:55 am – 12:20 pm

Competition Pool

Lane 1: ASA
Lane 2: ASA
Lane 3: ASA / ASTS / BWST
Lane 4: DRAG / HEAL / HACC
Lane 5: FXFX / TIBU
Lane 6: MACH
Lane 7: MACH
Lane 8: METR / MAC

Warmup Pool

Lane 1: MAKO / LIFE
Lane 2: OCCS
Lane 3: OCCS / PAC
Lane 4: TOLL
Lane 5: TOLL / STJS / RY
Lane 6: FISH
Lane 7: FISH / SDS
Lane 8: YORK
Lane 9: YORK / PM / QOSA

Monday 13-14 Warmup 1

7:00 – 7:30 am

Competition Pool

**Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC**

Warmup Pool

**Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: NCAP
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC
Lane 9: RMSC**

Monday 13-14 Warmup 2

7:30 – 8:00 am

Competition Pool

**Lane 1: DRAG / YORK
Lane 2: MAKO / METR / MAC
Lane 3: OCCS
Lane 4: OCCS
Lane 5: OCCS
Lane 6: MACH
Lane 7: MACH
Lane 8: MACH**

Warmup Pool

**Lane 1: TOLL
Lane 2: TOLL
Lane 3: SDS
Lane 4: SDS
Lane 5: FISH / STJS
Lane 6: ASA
Lane 7: ASA
Lane 8: PAVA / PM
Lane 9: AAC / FAST / HACC**

Monday 12&U Warmup 1

11:30 – 11:55 am

Competition Pool

Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC

Warmup Pool

Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC
Lane 9: RMSC

Monday 12&U Warmup 2

11:55 am – 12:20 pm

Competition Pool

Lane 1: YORK
Lane 2: YORK / RY / STJS
Lane 3: TOLL / FXFX
Lane 4: FISH / QOSA
Lane 5: OCCS
Lane 6: PAC / PM / SDS
Lane 7: METR / MAC
Lane 8: MACH / MAKO

Warmup Pool

Lane 1: MACH
Lane 2: ASA
Lane 3: ASA
Lane 4: ASA
Lane 5: ASTS / AAC / CSC
Lane 6: DCPR / HEAL
Lane 7: DRAG
Lane 8: TIBU / LIFE
Lane 9: HACC