

January Open at Audrey Moore - SATURDAY, January 18, 2025

- There are 5 deep end lanes which will be labeled A, B, C, D, E.
- There will be 10 competition lanes labeled 1-10.
- There are lanes on the shallow end side, labeled W, X, Y, Z.
- Lanes A, B, C, D and Lanes X, Y and Z will be available for continuous warm-up once competition begins.

Session 1: 11-12 Timed Finals ~ Athletes: 221 for 15 warm-up lanes

Warm-up A: 7:30 - 7:55AM: NCAP = Lanes A, B, C, D, E, 1, 2 / FISH = Lanes 3, 4, 5, 6 / FXXF = Lanes 7, 8, 9, 10

**Warm-up B: 7:55 - 8:20AM: YORK = Lanes A, B, C, D, E, 1, 2, 3, 4, 5 / LIFE = Lane 6 / SSCT = Lane 7
BWST = 8, 9 / Unattached = 10**

Warm-up total time: 7:30am - 8:20am / **Racing starts at 8:30AM**

Session 2: 9-10 Timed Finals ~ Athletes: 161 for 15 warm-up lanes

Warm-up A: 11am - 11:20am: YORK = Lanes A, B, C, D, E, 1, 2, 3, 4 / FXXF = Lanes 5, 6, 7, 8, 9

Warm-up B: 11:20am -11:40am

NCAP = Lanes A, B, C, D, E, 1, 2 / FISH = 3, 4, 5, 6 / LIFE = Lane 7, 8 / BWST = Lane 9

Warm-up total time: 11am - 11:40am / **Racing starts at 11:50AM**

Session 3: 13 & Over Timed Finals ~ Athletes: 276 for 15 lanes across 2 warm-up slots

Warm-ups = 2pm -3pm ~ Racing begins at 3:10pm

2pm - 2:30pm Warm-up A

- **YORK** = Lanes A, B, C, D, E, 1, 2, 3, 4
- **LIFE** = 5, 6
- **FXXF** = Lanes 7, 8, 9, 10

2:30pm - 3pm Warm-up B

- **NCAP** = Lanes A, B, C, D, E, 1, 2, 3
- **BWST** = Lanes 4, 5
- **FISH** = Lanes 6, 7, 8, 9
- **Unattached TRI and SSCT**= Lane 10

January Open at Audrey Moore - SUNDAY, January 19, 2025

- Teams have their assigned lanes for the entirety of the warm-up.
- There are 7 deep end lanes which will be labeled A, B, C, D, E
- There will be 10 competition lanes labeled 1-10.
- Overflow will be available at the discretion of the staff in lanes W, X, Y, Z.

Session 4: 11-12 Timed Finals ~ Athletes: 207 for 15 warm-up lanes

Warm-up A: 7AM - 7:25AM: **NCAP** = Lanes A, B, C, D, E, 1, 2 / **FISH** = Lanes 3, 4, 5, 6 / **FXFX** = Lanes 7, 8, 9, 10

Warm-up B: 7:25 - 7:50AM: **YORK** = Lanes A, B, C, D, E, 1, 2, 3, 4, 5 / **LIFE** = Lane 6 / **SSCT** = Lane 7
BWST = 8, 9 / **Unattached** = 10

Warm-up total time: 7am - 7:50am / **Racing starts at 8:00AM**

Session 5: 9-10 Timed Finals ~ Athletes: 167 for 15 warm-up lanes

Warm-up A: 11am - 11:20am: **YORK** = Lanes A, B, C, D, E, 1, 2, 3, 4 / **FXFX** = Lanes 5, 6, 7, 8, 9

Warm-up B: 11:20am -11:40am

NCAP = Lanes A, B, C, D, E, 1, 2 / **FISH** = 3, 4, 5, 6 / **LIFE** = Lane 7, 8 / **BWST** = Lane 9

Warm-up total time: 11am - 11:40am / **Racing starts at 11:50AM**

Session 6: 13 & Over Timed Finals ~ Athletes: 325 for 15 lanes across 2 warm-up slots

Warm-ups = 2pm -3pm ~ Racing begins at 3:10pm

2pm - 2:30pm Warm-up A

- **YORK** = Lanes A, B, C, D, E, 1, 2, 3, 4
- **LIFE** = 5, 6
- **FXFX** = Lanes 7, 8, 9, 10
- **DRAG** and **PAVA** = Lanes W, X, Y, Z

2:30pm - 3pm Warm-up B

- **NCAP** = Lanes A, B, C, D, E, 1, 2, 3
- **BWST** = Lanes 4, 5
- **FISH** = Lanes 6, 7, 8, 9
- **Unattached TRI and SSCT**= Lane 10