

**Session 1 Warm-ups**  
Competition Pool- 10:15 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TCY	TCY	TCY	ACA	ACA	ACA	JCC	ROCK	GTAC/UN	OPEN

**Session 1 Warm-ups**  
Warm-up/Cool-down Pool - 10:15 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	OPEN

**Session 1 Warm-ups**  
Competition Pool- 10:45 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAA	CAA	CAA	CAA	CAA	CAA	HOCO	HOCO	HOCO	OPEN

**Session 1 Warm-ups**  
Warm-up/Cool-down Pool - 10:45 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BIG V	BIG V	BIG V	CBAC	CBAC	CAC	CAC	CA	NWSC	OPEN

**Session 2 Warm-ups**  
Competition Pool- 3:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAA	CAA	CAA	CAA	CAA	CAA	HOCO	HOCO	HOCO	OPEN

**Session 2 Warm-ups**  
Warm-up/Cool-down Pool - 3:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
NAAC & UN	NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	OPEN

**Session 2 Warm-ups**  
Competition Pool- 3:30 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
ACA	ACA	ACA	CAC	CAC	CAC	CBAC	CBAC	GTAC	OPEN

**Session 2 Warm-ups**  
Warm-up/Cool-down Pool - 3:30 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TCY	TCY	BIG V	BIG V	NWSC	JCC	JCC	ROCK	ROCK	OPEN

**Session 3 Warm-ups**  
Competition Pool- 7:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BIG V	BIG V	BIG V	CBAC	CBAC	CAC	CAC	CA	NWSC	OPEN

**Session 3 Warm-ups**  
Warm-up/Cool-down Pool - 7:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	OPEN

**Session 3 Warm-ups**  
Competition Pool- 8:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAA	CAA	CAA	CAA	CAA	CAA	HOCO	HOCO	HOCO	OPEN

**Session 3 Warm-ups**  
Warm-up/Cool-down Pool - 8:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TCY	TCY	TCY	ACA	ACA	ACA	JCC	ROCK	GTAC/UN	OPEN

**Session 4 Warm-ups**  
Competition Pool- 12:15 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TCY	TCY	BIG V	BIG V	NWSC	JCC	JCC	ROCK	ROCK	OPEN

**Session 4 Warm-ups**  
Warm-up/Cool-down Pool - 12:15 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
NAAC & UN	NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	NAAC	OPEN

**Session 4 Warm-ups**  
Competition Pool- 12:45 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAA	CAA	CAA	CAA	CAA	CAA	HOCO	HOCO	HOCO	OPEN

**Session 4 Warm-ups**  
Warm-up/Cool-down Pool - 12:45 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BIG V	BIG V	BIG V	CBAC	CBAC	CAC	CAC	CA	NWSC	OPEN

