

WARM-UP SCHEDULE BB BUSTER AS OF 12/01/2014

Session I, December 6 Warm-Ups Begin at 11:00 AM

First warm up 11:00 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
RC	SPRC	SPRC	NAAC	NAAC	NAAC	NAAC	HOCO	HOCO	HOCO

LETTERS POOL: ADDITIONAL LANES FOR NAAC

Second warm up 11:25 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
AC/OPST	CA/BVA	NWSC	ROCK	CBAC	JCC	JCC	LBA	LBA	Starts Lane 10

Session II, December 6, Warm-Ups Begin at 2:30 PM

First warm up 2:30 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
RC	SPRC	SPRC	SPRC	JCC	JCC	CBAC	CBAC	ROCK	ROCK

LETTERS POOL: NAAC

Second warm up 2:55 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
HOCO	HOCO	HOCO	NWSC/UN	NWSC	LBA	CA	OPST	BVA/GTAC	Starts Lane 10

Session III, December 7, Warm-Ups Begin at 7:30 AM

First warm up 7:30 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CA	JCC	SPRC	SPRC	NAAC	NAAC	NAAC	HOCO	HOCO	HOCO

METERS POOL: ADDITIONAL LANES FOR NAAC

Second warm up 7:55 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CA/OPST/U	CA	GTAC	CBAC	NWSC	ROCK	ROCK	LBA	LBA	Starts Lane 10

Session IV, December 7, Warm-Ups Begin at 11:00 AM

First warm up 11:00 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SPRC	SPRC	SPRC	SPRC	CBAC	CBAC	ROCK	ROCK	NWSC	NWSC

METERS POOL - NAAC & UNATTACHED SWIMMERS

Second warm up 11:25 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CA	JCC	JCC	JCC	LBA	HOCO	HOCO	HOCO	OPST	BVA/GTAC

