

Warm Up Assignments							
	Warm ups start	Meet Starts	EST	HSC	HOSC	HWSA	WHTN
Sunday AM	7:00 AM	8:00 AM	Lane 1	Lane 7-9	Lane 2-4	Lane 10	Lane 5-6
Sunday Midday	About 11:00 AM (following end of 1st session)	11:45 AM	Lane 1	Lane 6-10	Lane 2-3	Lane 4	Lane 5
Sunday PM	Not assigned - in warm up pool until prior session finishes then can use competition pool	About 2:30PM Following end of 2nd Session					
*the warm up pool will be open the entire meet							