

Friday Warm-up Schedule

-449 SWIMMERS-

WARMUP 1

7:45-8:05		8:05-8:15
OUTDOOR	LANES	OUTDOOR LANES 1-8 FOR STARTS AND SPRINTS
CST (21)	1-8	
INDOOR	LANES	

WARMUP 2

8:15-8:35		8:35-8:45
OUTDOOR	LANES	OUTDOOR LANES 4-8 FOR STARTS AND SPRINTS
PSL (32)	1-3	
JVILLE(19)	4-5	
DDST (32)	6-8	
INDOOR	LANES	OUTDOOR LANES 1-3 FOR STARTS AND SPRINTS
ATHENS (18)	1-2	
CENTRE (13)	3	
VAST (10)	4	
ANDALUSIA (18)	5-6	

WARMUP 3

8:45-9:05		9:05-9:15
OUTDOOR	LANES	OUTDOOR LANES 4-8 FOR STARTS AND SPRINTS
OPELIKA/TALL (28)	1-3	
MDST(51)	4-8	
INDOOR	LANES	OUTDOOR LANES 1-3 FOR STARTS AND SPRINTS
NASA/SYLA (49)	1-5	
BOAZ (11)	6	

WARMUP 4

9:15-9:35		9:35-9:45
OUTDOOR	LANES	OUTDOOR LANES 4-8 FOR STARTS AND SPRINTS
BPR/ANNISTON (31)	1-3	
SSA/FPST (30)	4-6	
GST/ARAB (21)	7-8	
INDOOR	LANES	OUTDOOR LANES 1-3 FOR STARTS AND SPRINTS
ONEONTA/RCAC (10)	1	
EWR/TROY (10)	2	
WIRE/ALB (10)	3	
JST (33)	4-6	