

Meet Warm Up Schedule

- Friday & Sunday - Prelims:
 - 9:00-9:35am Open
 - 9:35-9:55am Controlled
 - Lanes 0,9 Pace / Lanes 1,2,9 One Way Starts
 - Meet Starts at 10:00am
- Saturday Prelims:
 - 9:15-9:50am Open
 - 9:50-10:10am Controlled
 - Lanes 0,9 Pace / Lanes 1,2,9 One Way Starts
 - Meet Starts at 10:15am
- Friday, Saturday, Sunday Finals:
 - 5:00-5:30pm Open
 - 5:30-5:50pm Controlled
 - Lanes 0,9 Pace / Lanes 1,2,9 One Way Starts
 - Meet Starts at 6:00pm

