

# Meet Warm Up Schedule

## Friday, Saturday, Sunday Prelims:

8:30-9:10am - Open

9:10-9:40am - Controlled

- Lanes 0 & 9 Pace
- Lanes 1 & 8 one way sprints

9:45am - Meet Starts

## Friday, Saturday, Sunday Finals

5:00-5:30pm - Open

5:30-5:50pm - Controlled

- Lanes 0 & 9 Pace
- Lanes 1 & 8 one way sprints

6:00pm - Meet Starts

