

**AM Warm Up Schedule**

**7:30-7:55am**

PFY - Lanes 1-4  
NEYS- Lane 5  
GSY, BYST - Lane 6

**7:55-8:20am**

GARY, UPY - Lane 1  
RANDY - Lanes 2,3,4  
GMV - Lanes 5,6

**8:20-8:25am**

All Lanes - One Way Sprints

**Mid Session**

**11:30 - 12:00** (Open)

**PM Warm Up Schedule**

**1:30-1:50pm**

PFY - Lanes 1-3  
NEYS - Lane 4-6

**1:50-2:10pm**

GARY - Lanes 1, 2  
UPY - Lanes 3,4,5  
BYST, GSY - Lane 6

**2:10-2:30pm**

RANDY - Lanes 1- 6

**2:30-2:40** - All Lanes - One Way Sprints