

13&Over

1st Warmup (6:30 – 6:55 am)

Lanes 1-3: TOLL

Lane 4: SA/TRA/TSAC

Lane 5: TIBU

Lane 6: METR/PAC

Lane 7: QOSA

Lane 8: RMSC

13&Over

2nd Warmup (6:55 – 7:20 am)

Lanes 1-8: RMSC

11-12

1st Warmup (12:00 – 12:25 pm)

Lanes 1-3: TOLL

Lane 4: QOSA

Lane 5: METR

Lane 6: NCAP

Lane 7: TIBU/PAC

Lane 8: SA/TRA

11-12

2nd Warmup (12:25 – 12:50 pm)

Lanes 1-8: RMSC

10&U – 1 Warmup Only

1st Warmup (3:50 – 4:20 pm)

Lane 1: TOLL

Lane 2: TOLL/SA/TRA

Lanes 3-5: RMSC

Lane 6: PAC/QOSA

Lane 7: NCAP

Lane 8: NCAP/TIBU/METR