

Thursday 13-14 Warmup 1

Competition Pool

Lane 1: TOLL
Lane 2: TOLL
Lane 3: TOLL
Lane 4: ASA
Lane 5: ASA
Lane 6: ASA
Lane 7: FISH/YORK
Lane 8: SDS/TANK

Warmup Pool

Lane 1: APEX/AAC/CSC
Lane 2: FXFX/TIBU
Lane 3: DCPR/Drag/FAST/HYAQ
Lane 4: MACH
Lane 5: MACH
Lane 6: MAKO
Lane 7: OCCS
Lane 8: OCCS
Lane 9: METR/PAVA/PM

Thursday 13-14 Warmup 2

Competition Pool

Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC

Warmup Pool

Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: NCAP
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC
Lane 9: RMSC

Thursday 12&U Warmup 1

Competition Pool

Lane 1: TOLL
Lane 2: TOLL
Lane 3: STJS/YORK
Lane 4: FISH/SA
Lane 5: SDS/TANK
Lane 6: ASA
Lane 7: ASA
Lane 8: ASA

Warmup Pool

Lane 1: ASTS/AAC/YBCC
Lane 2: CSC/DCPR/DRAQ
Lane 3: FXXF
Lane 4: FXXF/HACC/HYAQ
Lane 5: LIFE/TIBU
Lane 6: MACH
Lane 7: MACH
Lane 8: MAKO
Lane 9: METR/MAC

Thursday 12&U Warmup 2

Competition Pool

Lane 1: OCCS
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC

Warmup Pool

Lane 1: NCAP
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Warmup Pool

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Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC
Lane 9: RMSC

Friday 13-14 Warmup 2

Competition Pool

Lane 1: YORK/SDS
Lane 2: FISH
Lane 3: TOLL
Lane 4: TOLL
Lane 5: TOLL
Lane 6: PAVA/PM
Lane 7: OCCS
Lane 8: MAKO/METR

Warmup Pool

Lane 1: MACH
Lane 2: MACH
Lane 3: MACH/TIBU
Lane 4: FXFX
Lane 5: FAST/HYAQ
Lane 6: ASA
Lane 7: ASA
Lane 8: ASA/DRAG
Lane 9: AAC/DCPR

Friday 12&U Warmup 1

Competition Pool

**Lane 1: OCCS
Lane 2: FFXF
Lane 3: NCAP
Lane 4: NCAP
Lane 5: NCAP
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC**

Warmup Pool

**Lane 1: NCAP
Lane 2: NCAP
Lane 3: NCAP
Lane 4: RMSC
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC
Lane 9: RMSC**

Friday 12&U Warmup 2

Competition Pool

**Lane 1: ASTS/AAC
Lane 2: ASA
Lane 3: ASA
Lane 4: ASA
Lane 5: CSC/DCPR
Lane 6: DRAG
Lane 7: HYAQ/TIBU
Lane 8: MAKO**

Warmup Pool

**Lane 1: MACH
Lane 2: MACH/LIFE
Lane 3: METR/MAC
Lane 4: PAC/PM/QOSA
Lane 5: SA/SDS
Lane 6: FISH/STJS
Lane 7: TOLL
Lane 8: TOLL
Lane 9: WSH/YORK**

Sunday 13-14 Warmup 1

Competition Pool

Lane 1: TOLL
Lane 2: TOLL
Lane 3: TOLL
Lane 4: SDS/YORK
Lane 5: ASA
Lane 6: ASA
Lane 7: ASA
Lane 8: AAC/CSC/DCPR

Warmup Pool

Lane 1: DRAG/FAST/HYAQ
Lane 2: FFXF
Lane 3: MACH
Lane 4: MACH
Lane 5: MACH
Lane 6: MAKO
Lane 7: METR
Lane 8: OCCS
Lane 9: TANK/FISH

Sunday 13-14 Warmup 2

Competition Pool

Lane 1: NCAP
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Lane 4: NCAP
Lane 5: RMSC
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Lane 7: RMSC
Lane 8: RMSC

Warmup Pool

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Lane 5: NCAP
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Lane 7: RMSC
Lane 8: RMSC
Lane 9: RMSC

Sunday 12&U Warmup 1

Competition Pool

Lane 1: TOLL
Lane 2: TOLL/YORK
Lane 3: FISH/STJS
Lane 4: TANK/SA/SDS
Lane 5: PM/QOSA
Lane 6: OCCS
Lane 7: MACH
Lane 8: MACH

Warmup Pool

Lane 1: ASTS/AAC/DCPR
Lane 2: ASA
Lane 3: ASA
Lane 4: ASA
Lane 5: DRAG/HACC/LIFE
Lane 6: FXFX
Lane 7: HYAQ/TIBU
Lane 8: MAKO
Lane 9: METR/MAC

Sunday 12&U Warmup 2

Competition Pool

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Competition Pool

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Lane 4: NCAP
Lane 5: RMSC
Lane 6: RMSC
Lane 7: RMSC
Lane 8: CSC/DCPR/HYAQ/TIBU

Warmup Pool

Lane 1: NCAP
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Lane 6: RMSC
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Lane 8: RMSC
Lane 9: RMSC

Monday 13-14 Warmup 2

Competition Pool

Lane 1: ASA
Lane 2: ASA
Lane 3: ASA
Lane 4: AAC
Lane 5: DRAG/FXFX/FAST
Lane 6: MACH
Lane 7: MACH
Lane 8: MACH

Warmup Pool

Lane 1: MAKO/METR
Lane 2: OCCS
Lane 3: OCCS/PAVA/PM
Lane 4: SDS
Lane 5: FISH
Lane 6: TOLL
Lane 7: TOLL
Lane 8: TOLL
Lane 9: YORK

Monday 12&U Warmup 1

Competition Pool

**Lane 1: OCCS
Lane 2: TOLL/WSH
Lane 3: NCAP
Lane 4: NCAP
Lane 5: NCAP
Lane 6: RMSC
Lane 7: RMSC
Lane 8: RMSC**

Warmup Pool

**Lane 1: TOLL/WSH
Lane 2: NCAP
Lane 3: NCAP
Lane 4: NCAP
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Monday 12&U Warmup 2

Competition Pool

**Lane 1: ASTS/AAC/YBCC
Lane 2: ASA
Lane 3: ASA
Lane 4: ASA
Lane 5: CSC/DCPR/DRAG
Lane 6: FXFX/HACC
Lane 7: HYAQ
Lane 8: HYAQ/TIBU/LIFE**

Warmup Pool

**Lane 1: MACH
Lane 2: MACH
Lane 3: MAKO
Lane 4: METR/MAC
Lane 5: PAC/PM/QOSA
Lane 6: TANK/SDS
Lane 7: SA/FISH
Lane 8: STJS/YORK
Lane 9: OPEN**