

# WARM-UP LANE ASSIGNMENTS

<b>SESSION 1</b>						
<b>8:00 - 8:30 am</b>						
<i>Lane</i>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	ASP	ASP	ASP	ASP	MM/ROCK	DGO/MAVS
<b>8:30-9:00 am</b>						
<i>Lane</i>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	SSST	SSST	SSST	SSST	SOPR	AVON
<b>SESSION 2</b>						
<b>12:00 - 12:30 pm</b>						
<i>Lane</i>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	ASP	ASP	ASP	AVON	ROCK	DGO/MM
<b>12:30 - 1:00 pm</b>						
<i>Lane</i>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	SSST	SSST	MAVS	MAVS/SOPR	SOPR	TELL
<b>SESSON 3</b>	<b>15 minute Open Warm-Up Immediately following Session 2</b>					
<b>SESSION 4</b>						
<b>8:00 - 8:30 am</b>						
<i>Lane</i>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	SSST	SSST	SSST	SSST	AVON	DGO/MAVS
<b>8:30-9:00 am</b>						
<i>Lane</i>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	ASP	ASP	ASP	ASP	SOPR	MM/ROCK
<b>SESSION 5</b>						
<b>11:30am -12:00pm</b>						
<i>Lane</i>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	SSST	SSST	MAVS	MAVS/SOPR	SOPR	TELL
<b>12:00-12:20 pm</b>						
<i>Lane</i>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	ASP	ASP	ASP	AVON	ROCK	DGO/MM