

WARM-UP LANE ASSIGNMENTS

SESSION 1						
8:00 - 8:30 am						
<i>Lane</i>	1	2	3	4	5	6
	ASP/DELT	ASP	ASP	SSST	SSST	CRAG
8:30-9:00 am						
<i>Lane</i>	1	2	3	4	5	6
	SOPR	SOPR/TELL	TELL	RANG	MEEK	MAV/AVON
SESSION 2						
12:00 - 12:30 pm						
<i>Lane</i>	1	2	3	4	5	6
	ASP	ASP	ASP	ASP/MAC	SSST	SSST
12:30 - 1:00 pm						
<i>Lane</i>	1	2	3	4	5	6
	SOPR	SOPR/RANG	CRAG	MM	MAV/AVON	TELL/MEEK
SESSON 3	15 minute Open Warm-Up Immediately following Session 2					
SESSION 4						
8:00 - 8:30 am						
<i>Lane</i>	1	2	3	4	5	6
	ASP/DELT	ASP	ASP	TELL	TELL/RANG	MAV/AVON
8:30-9:00 am						
<i>Lane</i>	1	2	3	4	5	6
	SOPR	SOPR	MEEK	SSST	SSST	CRAG
SESSION 5						
12:00 - 12:30pm						
<i>Lane</i>	1	2	3	4	5	6
	CRAG	CRAG/SOPR	SOPR	MAV	TELL/MEEK	RANG/AVON
12:30 - 1:00pm						
<i>Lane</i>	1	2	3	4	5	6
	ASP	ASP	ASP/MAC	SSST	SSST	MM