

**Warm-up Assignments for Friday AM, Saturday AM and Sunday AM for 13 & Over State Championships \***

<b>Friday, August 1, 2008 Assigned Warm-ups</b>		<i>Total</i>	<b>Saturday, August 2, 2008 Assigned Warm-ups</b>		<i>Total</i>	<b>Sunday, August 3, 2008 Assigned Warm-ups</b>		<i>Total</i>
<i>Warm-up Session #1 (7:30-8:00 AM)</i>			<i>Warm-up Session #1 (7:30-8:00 AM)</i>			<i>Warm-up Session #1 (7:00-7:30 AM)</i>		
Lane 1	WEST	31	Lane 1	EBSC	30	Lane 1	WEST	31
Lane 2	WEST	30	Lane 2	OZ	29	Lane 2	WEST	30
Lane 3	LAKE	33	Lane 3	SSTY	30	Lane 3	LAKE	33
Lane 4	SWAT	31	Lane 4	TIDE - WAM - WAVE - SSTY	30	Lane 4	SWAT	33
Lane 5	BAC - SNFX - TOSA	25	Lane 5	GBY - OSHY - NBSC - RCSC - WRAT	28	Lane 5	BAC - ECY	24
Lane 6	HSSB - GYST - SCSC - MM	26	Lane 6	OCON - NSSC - FRST	26	Lane 6	HSSB - GBSC - LAXY - FAST - WOW	24
Lane 7	MSS - MFSC - FAST - NEAT	25	Lane 7	SHOR - SEAY - LAXY - GBSC	26	Lane 7	MSS - MFSC - GDSY	24
Lane 8	JHK - DFAC - BAT - CWWW - FCY	25	Lane 8	VAC - BST - SCST - WBSC - WA	26	Lane 8	JHK - DFAC - NBSC - CWWW - UNAT	24
<b>Friday, August 1, 2008 Assigned Warm-ups</b>		<i>Total</i>	<b>Saturday, August 2, 2008 Assigned Warm-ups</b>		<i>Total</i>	<b>Sunday, August 3, 2008 Assigned Warm-ups</b>		<i>Total</i>
<i>Warm-up Session #2 (8:00-8:30 AM)</i>			<i>Warm-up Session #2 (8:00-8:30 AM)</i>			<i>Warm-up Session #2 (7:30-8:00 AM)</i>		
Lane 1	EBSC	28	Lane 1	WEST	33	Lane 1	EBSC	28
Lane 2	OZ	26	Lane 2	WEST	32	Lane 2	OZ	24
Lane 3	SSTY	26	Lane 3	SWAT	30	Lane 3	SSTY	32
Lane 4	TIDE - GBSC - WRAT - NBSC	25	Lane 4	LAKE	31	Lane 4	TIDE - WAM - SCSC - SNFX	25
Lane 5	GBY - WAM - OSHY - LAXY - WA	26	Lane 5	BAC - ECY - FAST - LAKE	30	Lane 5	GBY - SCST - WRAT - WBSC - NEAT	25
Lane 6	OCON - NSSC - SEAY - GDSY - WBSC	26	Lane 6	HSSB - GYST - SNFX - TOSA - CWWW - WOW	26	Lane 6	OCON - NSSC - FCY	24
Lane 7	SHOR - SCST - WAVE - RCSC - WAT	25	Lane 7	MSS - MFSC - WRAT - NEAT - MM - BAT	27	Lane 7	SHOR - SEAY - WAVE - FRST - WA	25
Lane 8	VAC - ECY - BST - FRST - WOW	26	Lane 8	JHK - DFAC - SCSC - GDSY - FCY - UNAT	27	Lane 8	VAC - BST - GYST - OSHY - BAT - TOSA	24
<b>Friday, August 1, 2008 Assigned Warm-ups</b>			<b>Saturday, August 2, 2008 Assigned Warm-ups</b>			<b>Sunday, August 3, 2008 Assigned Warm-ups</b>		
<i>General Warm-up #3 (8:30-8:50 AM)</i>			<i>General Warm-up #3 (8:30-8:50 AM)</i>			<i>General Warm-up #3 (8:00-8:20 AM)</i>		
Lane 1	Pace		Lane 1	Pace		Lane 1	Pace	
Lane 2	Sprint		Lane 2	Sprint (from south end)		Lane 2	Sprint	
Lane 3	Sprint		Lane 3	Sprint		Lane 3	Sprint	
Lane 4	Circle		Lane 4	Circle		Lane 4	Circle	
Lane 5	Circle		Lane 5	Circle		Lane 5	Circle	
Lane 6	Sprint		Lane 6	Sprint		Lane 6	Sprint	
Lane 7	Sprint		Lane 7	Sprint (from south end)		Lane 7	Sprint	
Lane 8	Pace		Lane 8	Pace		Lane 8	Pace	

Warm-ups for these three sessions will be 80 minutes divided into: two 30 minute assigned warm-up sessions & one 20 minute general warm-up session.

All other warm-up sessions will be general warm-up sessions (pace and sprint lanes will be opened as needed).

Sprint lanes will begin from the north end of the pool, unless specified in the information above.

The warm water lap pool north of the main competition pool will have a minimum of 2 lap lanes open during the meet.

**Swimmers must enter the pool from the starting end (north end) using a sit and slide entry for all warm-up sessions.**

\* Subject to change