

12&U Girls and 13&Over Boys Warmup Sat/Sun AM Session 7:15am to 8:15am

	1	2	3	4	5	6	7	8		9	10	Lanes 11-18
7:15a	CPAC	CPAC	CPAC	GRYM	GRYM	GRYM	GRYM	GRYM		GRYM	GRYM	OPEN
7:40a	GYWD	GYWD	GYWD	PSDY	PSDY	SSAC	ORCA	SJCC		OPEN	OPEN	OPEN
8:05a	PACE	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint	PACE		OPEN	OPEN	OPEN

12&U Boys and 13& over Girls PM Session Warmup Sat/Sun 12:00-1:00

	1	2	3	4	5	6	7	8		9	10	11-18
12:00P	GYWD	GYWD	GYWD	GRYM	GRYM	GRYM	GRYM	GRYM		GRYM	GRYM	OPEN
12:25P	CPAC	CPAC	CPAC	CPAC	ORCA	PSDY	SSAC	SSAC		OPEN	OPEN	OPEN
12:50p	PACE	Sprint	Sprint	Sprint	Sprint	Sprint	Sprint	PACE		OPEN	OPEN	OPEN