



Saturday & Sunday AM Warm-Ups

	7-7:25 (13/O)	7:25-7:45 (12/U)	7:45-8:05 (12/U)
Lane 1	RST	RST	RYWC
Lane 2	RST 12/U out @ 7:20	NCY	RYWC
Lane 3	RST 12/U out @ 7:20	NCY	FFLY
Lane 4	RYWC	NCY	FFLY
Lane 5	RYWC/NFAF	NCY	NFAF
Lane 6	FFLY/NCY	NCY	NFAF

1 way starts 8:05-8:15
Start 8:20

**Saturday and Sunday AM Sessions
Timing Assignments**

RST	2 Timers
NFAF	1 Timers
RYWC	4 Timers
NCY	5 Timers
FFLY	2 Timers



Saturday & Sunday PM Warm-Ups

	12-12:25 (13/O)	12:25-12:45 (12/U)	12:50-1:05 (12/U)
Lane 1	RST	RST	RYWC
Lane 2	RST	RST	RYWC
Lane 3	NCY	NCY	RYWC
Lane 4	RYWC	NCY	FFLY
Lane 5	RYWC	NCY	FFLY
Lane 6	NFAF/FFLY	NFAF	OPEN

1 way starts 1:05-1:15

1:20 start

Saturday and Sunday PM Sessions Timing Assignments

RST	2 Timers
NFAF	2 Timers
RYWC	4 Timers
NCY	5 Timers
FFLY	1 Timers