

2023 11-14 Age Group Champs Warm-ups							
13/14 Thursday WU 2:00p, Start 3:00p							
2:00-2:40p Lanes 1-8 General WU- 2:40-2:55p Lanes 1,2,7,8 Pace, Lanes 3 Starts, Lane 4,5,6 Circle							
13/14 Thursday Relay/12/U Distance WU 5:00p, Start 5:35p							
5:00-5:20p Lanes 1-8 General WU - 5:20-5:30p Lanes 1,7,8 Pace, Lanes 2,3,6 Starts, Lane 4,5 Circle							
PRELIMS 11/12 & 13/14				FINALS 11/Over			
Friday							
	7:15-7:45a	7:45-8:25a	8:25-8:40a		4:00-4:20p	4:20-4:40p	4:40 - 4:55p
	GENERAL	GENERAL	SPECIFIC		GENERAL	GENERAL	SPECIFIC
Lane 1	11/12 OPEN	13/14 OPEN	Pace	Lane 1	13/14 OPEN	11/12OPEN	Pace
Lane 2			STARTS	Lane 2			STARTS
Lane 3			STARTS	Lane 3			STARTS
Lane 4			Circle	Lane 4			Circle
Lane 5			Circle	Lane 5			Circle
Lane 6			STARTS	Lane 6			STARTS
Lane 7			STARTS	Lane 7			STARTS
Lane 8			Pace	Lane 8			Pace
Saturday							
	7:15-7:55a	7:55-8:25a	8:25-8:40a				
	GENERAL Warm-up	GENERAL Warm-up	SPECIFIC				
Lane 1	13/14 OPEN	11/12 OPEN	Pace				
Lane 2			STARTS				
Lane 3			STARTS				
Lane 4			Circle				
Lane 5			Circle				
Lane 6			STARTS				
Lane 7			STARTS				
Lane 8			Pace				
Sunday							
	7:15-7:45a	7:45-8:25a	8:25-8:40a				
	GENERAL Warm-up	GENERAL Warm-up	SPECIFIC				
Lane 1	11/12 OPEN	13/14 OPEN	Pace				
Lane 2			STARTS				
Lane 3			STARTS				
Lane 4			Circle				
Lane 5			Circle				
Lane 6			STARTS				
Lane 7			STARTS				
Lane 8			Pace				