

STAGS WARM UP ASSIGNMENTS

Warm up lanes will be open, conducted in both pools.
Teams are assigned to a specific warm up time slot for Timed Finals and Finals.

TIMED FINALS WARM UPS

Short Course Pool - Open for Continuous Warm Ups

Long Course Pool Warm Ups are as follows:

First 30 minutes of the allotted time is for general warmups

Last 10 minutes of the allotted time will be for :

Starts Only	Lanes 1-6	Push/Pace	Lanes 7-8
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Early Teams: AAAA, AQTX, ASC, ATAC, CBA, NBY, WAVE, SASA, WWAC

Late Teams: COTA, FISH, GOLD, HSC, LCA, MSC, NTRO, TST, TXLA, WHAC, WLOO

THURSDAY WARM UPS

2:00 TO 2:40 PM EARLY GROUP

2:40 TO 3:20 PM LATE GROUP

ALL PRELIMINARY WARM UPS

Short Course Pool - Open for Continuous Warm Ups

Long Course Pool Warm Ups are as follows:

First 25 minutes of the allotted time is for general warmups

Last 10 minutes of the allotted time will be for :

Starts Only	Lanes 1-6	Push/Pace	Lanes 7-8
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PRELIM GROUP ASSIGNMENTS

GROUP A

AAAA NBY
AQSA PRGN
AQTX WAVE
GOLD SASA
HSC TST
LIFE WWAC

GROUP B

COTA TXLA
RUSH NTRO
LSAC WHAC
HOT HEAT

GROUP C

ASC FISH
ATAC WLOO
LCA BAS
MSC CBA
MMA VTAC
CLUB TWST

FRIDAY PRELIMS WARM UPS

6:45 TO 7:20 AM GROUP A

7:20 TO 7:55 AM GROUP B

7:55 TO 8:30 AM GROUP C

SATURDAY PRELIMS WARM UPS

6:45 TO 7:20 AM GROUP C

7:20 TO 7:55 AM GROUP A

7:55 TO 8:30 AM GROUP B

SUNDAY PRELIMS WARM UPS

6:45 TO 7:20 AM GROUP B

7:20 TO 7:55 AM GROUP A

7:55 TO 8:30 AM GROUP C

ALL FINALS WARM UPS ARE OPEN

Warm ups begin at 4:15 on Friday and Saturday

Warm ups begin at 3:15 on Sunday

Short Course Pool - Open for Continuous Warm Ups

Long Course Pool Warm Ups are as follows:

First 35 minutes of the allotted time is for general warmups

Last 10 minutes of the allotted time will be for :

Starts Only

Lanes 1-6

Push/Pace

Lanes 7-8