

Saturday AM Session 1 Warm-ups

Lane	First Warm-up Teams 7:15-7:49AM	Lane	Second Warm-up Team 7:50-8:24AM
1	MAC	1	LSS
2	MAC / CBSC / SCSC	2	LSS / BT
3	SCSC	3	BT
4	SO	4	HLA
5	SO / ACE	5	HUSK / FAST / NA
6	ACE	6	GNST / LT / SST
7	GOAL	7	Norfolk / BARR / Hastings Y / SCH
8	GOAL	8	BSC / LYD

Saturday PM Session 2 Warm-ups - ****TIME CHANGE***

Lane	First Warm-up Teams 3:00-3:34pm****	Lane	Second Warm-up Team 3:35-4:09pm***
1	MAC	1	LSS
2	MAC / CBSC / SCSC	2	BT / LYD
3	SCSC	3	BT
4	SO	4	HLA
5	SO / ACE	5	HUSK / SST
6	ACE	6	GNST / LT / Hastings Y
7	GOAL	7	Norfolk / BARR / SCH
8	GOAL	8	BSC / FAST / NA

Sunday AM Session 3 Warm-ups

Lane	First Warm-up Teams 8:45 - 9:19AM	Lane	Second Warm-up Team 9:20-9:54AM
1	MAC	1	LSS
2	MAC / CBSC / SCSC	2	BT / LYD
3	SCSC	3	BT
4	SO	4	HLA
5	SO / ACE	5	HUSK / SST
6	ACE	6	GNST / LT / Hastings Y
7	GOAL	7	Norfolk / BARR / SCH
8	GOAL	8	BSC / LYD / NA