

Don't Give Up the Ship Invite – Warm-up Lane Assignments

No more than 5 swimmers per lane

Friday PM

Warm-ups 4:45 - 5:30	0	1	2	3	4	5	6	7	8	9
Deep End/Diving Board	CSI	CSI	CCS	STRS	LESD	LESD	TCAT	PA	RYD	RYD
Scoreboard	HEAT	HEAT	HEAT	SHSH	FAST GWA	BBA	VSC UN	LSSC	LSCC	LSSC LRST

Friday competition will begin at 5:35 pm

Saturday – Session 1

12 & Under girls and boys

Warm-up 7:30 – 8:10 am	0	1	2	3	4	5	6	7	8	9
Deep End/Diving Board	LESD	LSSC	LSSC	LSSC	PA	CCS	RYD	LRST	TCAT	Open
Scoreboard	HEAT	HEAT	HEAT	BBA	STRS	GWA	GWA	CSI	SHSH	UN

Competition will begin at 8:20a

Saturday – Session 2

13 & Over girls

Warm-up 10:30 – 11:15 am	0	1	2	3	4	5	6	7	8	9
Deep End/Diving Board	LESD	LESD	LESD	LSSC	LSSC	CCS	CCS	RYD	RYD FAST	PA PWRS
Scoreboard	HEAT	HEAT	HEAT	BBA	STRS	GWA	BBA	CSI	MBSA	Open

Competition will start at 11:20am

Saturday – Session 3

13 & Over boys

Warm-up 1:00-1:45pm	0	1	2	3	4	5	6	7	8	9
Deep End/Diving Board	LESD	LESD	LESD	LSSC	LSSC	FAST VSC	CCS	RYD	RYD	RYD
Scoreboard	HEAT	HEAT	HEAT	BBA CLE	STRS	GWA	CSI	CSI	TCAT	PA

Competition will start at 1:50pm

Sunday – Session 1**12 & Under girls and boys**

Warm-up 7:30 – 8:10 am	0	1	2	3	4	5	6	7	8	9
Deep End/Diving Board	LESD	LSSC	LSSC	LSSC	PA	CCS	RYD	LRST MBSC	TCAT	Open
Scoreboard	HEAT	HEAT	HEAT	BBA	STRS	GWA	GWA	CSI	SHSH	UN

Competition will begin at 8:15 am

Sunday – Session 2**13 & Over girls**

Warm-up 10:30 – 11:15 AM	0	1	2	3	4	5	6	7	8	9
Deep End/Diving Board	LESD	LESD	LESD	LSSC	LSSC	CCS	CCS	RYD	RYD FAST	PA PWRS
Scoreboard	HEAT	HEAT	HEAT	BBA	STRS	GWA	BBA	CSI	MBSA	Open

Competition will begin at 11:20am

Sunday – Session 3

13 & Over boys

Warm-up 1:10 – 2:05pm	0	1	2	3	4	5	6	7	8	9
Deep End/Diving Board	LESD	LESD	LESD	LSSC	LSSC	FAST VSC	CCS	RYD	RYD	RYD
Scoreboard	HEAT	HEAT	HEAT	BBA CLE	STRS	GWA	CSI	CSI	TCAT	PA UN

Competition will begin at 2:10pm