

Warmup Schedule

DAY 1 SATURDAY

25 minutes per session

<u>Lanes</u>	<u>Session1 – 7:45 – 8:10</u>	<u>Session2 – 8:10 -8:35</u>
1	NASTY (13)	CHY (14)
2	NASTY (13)	CHY (14)
3	NASTY (13)	LYST (13)
4	Hilliard (17)	LYST (13)
5	LTPY (12)	SEEYA (11)
6	LTPY (11)	GCY (9), CYRT (2)
7	LTPY (11)	RCY (8), PICY (3)
8	Gahanna (14)	MYST (5), MYAC (4)

DAY 2 SUNDAY

25 minutes per session

<u>Lanes</u>	<u>Session 1 – 9:45-10:10</u>	<u>Session 2 – 10:10-10:35</u>
1	LTPY (17)	SEEYA (14)
2	LTPY (17)	SEEYA (15)
3	LTPY (17)	NASTY (17)
4	LTPY (17)	NASTY (8), RCY (8)
5	LTPY (17)	GCY (22)
6	HURY (15)	GYG (11), MYST (10)
7	HURY (15)	LYST (15), MYAC (7)
8	CHY (18)	PICY (12), CYRT (5), ZYP (2)