

WARM UP ASSIGNMENTS for 2007 LC OPEN CHAMPIONSHIPS

FRIDAY AM PRELIMS, JULY 27, 2007

Warm-up: 7:30 AM - 8:05 Sprints @ 8:05 - 8:10 AM Lanes 1, 4 & 8

LN 1	LN 2	LN 3	LN 4	LN 5	LN 6	LN 7	LN 8
ABF	ABF&BOSS	BOSS	SSA	SAC	MAG	BGSC	GMSC

FRIDAY AM PRELIMS, JULY 27, 2007

Warm-up: 8:10 AM - 8:45 Sprints @ 8:45 - 8:50 AM Lanes 1, 4 & 8

LN 1	LN 2	LN 3	LN 4	LN 5	LN 6	LN 7	LN 8	LN 8
SOLO	NSSC	MTSC	CCSC	AAC	RAMS	WW	UNATT	BSSC
HAY	YNS	SSYS	NCAC	MST	PSC	GMA	NBST	ANA
KING	EST	ATST	NWSC	NAS	WSSC	LRAC	BYB	WTSC
ESSC	ESC	CCYM	SNAP	WBGC	FINS	HHS	BAT	PST
MELY						HRY		Any Others

SATURDAY AM PRELIMS, JULY 28, 2007

Warm-up: 7:30 AM - 8:05 Sprints @ 8:05 - 8:10 AM Lanes 1, 4 & 8

LN 1	LN 2	LN 3	LN 4	LN 5	LN 6	LN 7	LN 8	LN 8
SOLO	NSSC	MTSC	CCSC	AAC	RAMS	WW	UNATT	BSSC
HAY	YNS	SSYS	NCAC	MST	PSC	GMA	NBST	ANA
KING	EST	ATST	NWSC	NAS	WSSC	LRAC	BYB	WTSC
ESSC	ESC	CCYM	SNAP	WBGC	FINS	HHS	BAT	PST
MELY						HRY	RAYS	Any Others

SATURDAY AM PRELIMS, JULY 28, 2007

Warm-up: 8:10 AM - 8:45 Sprints @ 8:45 - 8:50 AM Lanes 1, 4 & 8

LN 1	LN 2	LN 3	LN 4	LN 5	LN 6	LN 7	LN 8
ABF	ABF&BOSS	BOSS	SSA	SSA & GMSC	MAG	BGSC	SAC

SUNDAY AM PRELIMS, JULY 29, 2007

Warm-up: 7:30 AM - 8:05 Sprints @ 8:05 - 8:10 AM Lanes 1, 4 & 8

LN 1	LN 2	LN 3	LN 4	LN 5	LN 6	LN 7	LN 8
ABF	ABF&BOSS	BOSS	SSA	SSA & GMSC	MAG	BGSC	SAC

SUNDAY AM PRELIMS, JULY 29, 2007

Warm-up: 8:10 AM - 8:45 Sprints @ 8:45 - 8:50 AM Lanes 1, 4 & 8

LN 1	LN 2	LN 3	LN 4	LN 5	LN 6	LN 7	LN 8	LN 8
SOLO	NSSC	MTSC	CCSC	AAC	RAMS	WW	UNATT	BSSC
HAY	YNS	SSYS	NCAC	MST	PSC	GMA	NBST	ANA
KING	EST	ATST	NWSC	NAS	WSSC	LRAC	BYB	WTSC
ESSC	ESC	CCYM	SNAP	WBGC	FINS	HHS	BAT	PST
MELY						HRY	RAYS	Any Others

MONDAY AM PRELIMS, JULY 30, 2007

Warm-up: 7:30 AM - 8:05 Sprints @ 8:05 - 8:10 AM Lanes 1, 4 & 8

LN 1	LN 2	LN 3	LN 4	LN 5	LN 6	LN 7	LN 8	LN 8
SOLO	NSSC	MTSC	CCSC	AAC	RAMS	WW	UNATT	BSSC
HAY	YNS	SSYS	NCAC	MST	PSC	GMA	NBST	ANA
KING	EST	ATST	NWSC	NAS	WSSC	LRAC	BYB	WTSC
ESSC	ESC	CCYM	SNAP	WBGC	FINS	HHS	BAT	PST
MELY					MD	HRY	RAYS	Any Others

MONDAY AM PRELIMS, JULY 30, 2007

Warm-up: 8:10 AM - 8:45 Sprints @ 8:45 - 8:50 AM Lanes 1, 4 & 8

LN 1	LN 2	LN 3	LN 4	LN 5	LN 6	LN 7	LN 8
ABF	ABF&BOSS	BOSS	SSA	SSA & GMSC	MAG	BGSC	SAC