

WARM UP ASSIGNMENTS for 2008 OPEN CHAMPIONSHIPS

Friday AM PRELIMS: JULY 31st

1ST 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	SSA	LRAC/SAC	SAC	MAG	BGSC	GMSC

2ND 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
KING	GMA	MTSC	CCSC	NSSC	RAMS	WW	GATR-VA
SOLO	MYT	CCYM	NCAC	MST	PSC	EST	WTSC
ATST	CGBD	AAC	NWSC	NAS	WSSC	HHS	UNATT
ESSC	ESC	WYST	SCA	SSYS	CRA	HYV	LRW
YMA	MWYS	BOSS	FINS	Any others	AAC	BYB	PST

SATURDAY AM PRELIMS: AUGUST 1st

1ST 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
KING	GMA	MTSC	CCSC	NSSC	RAMS	WW	GATR-VA
SOLO	MYT	CCYM	NCAC	MST	PSC	EST	WTSC
ATST	CGBD	AAC	NWSC	NAS	WSSC	HHS	UNATT
ESSC	ESC	WYST	SCA	SSYS	CRA	HYV	LRW
YMA	MWYS	BOSS	FINS	Any others	AAC	BYB	PST
							HARV

2ND 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	SSA	GMSC	SAC	MAG	BGSC	LRAC

SUNDAY AM PRELIMS: August 2nd

1ST 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	SSA	YNS	SAC	MAG	BGSC	GMSC/LRAC

2ND 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
KING	GMA	MTSC	CCSC	NSSC	RAMS	WW	GATR-VA
SOLO	MYT	CCYM	NCAC	MST	PSC	EST	WTSC
ATST	CGBD	AAC	NWSC	NAS	WSSC	HHS	UNATT
ESSC	ESC	WYST	SCA	SSYS	CRA	HYV	LRW
YMA	MWYS	BOSS	FINS	HARV	AAC	BYB	PST

MONDAY AM PRE-LIMS, August 3rd

1ST 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
KING	GMA	MTSC	CCSC	NSSC	RAMS	WW	GATR-VA
SOLO	MYT	CCYM	NCAC	MST	PSC	EST	WTSC
ATST	CGBD	AAC	NWSC	NAS	WSSC	HHS	UNATT
ESSC	ESC	WYST	SCA	SSYS	CRA	HYV	LRW
YMA	MWYS	BOSS	FINS	HARV	AAC	BYB	PST

2ND 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	SSA	LRAC	SAC	MAG	BGSC	GMSC/YNS