

MID CAP Warmup Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00 - 7:20	LAC DUCKS	SGSC HAY	CYA EPAC	DAAC IC	DSC SST	MSC GETY MASC BSAC NYAC SHIP TAC
7:20 - 7:40	BSC	BSC CSC	CSC	SMSC	CHAC	OPEN LAP SWIM
7:40 - 8:00	DC	DC	HEA	HEA	CVAC ACWS	OPEN LAP SWIM
8:00 - 8:20	HAC	PACS	WWD MTV	ACL HST MDT	FSC DAU	OPEN LAP SWIM

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
11:00 - 11:20	SST	ACWS	BSC	CHAC	TAC	LAC GETY
11:20 - 11:40	DSC	NYAC DSC CYA	CVAC	CVAC DAAC SHIP	DAAC	CSC SGSC
11:40 - 12:00	WWD	WWD HST	DAU MSC	HAY BSAC	DUCKS MASC	SMSC EPAC
12:00 - 12:20	PACS	PACS	DC	DC	ACL	ACL MTV
12:20 - 12:40	HAC	HAC	HAC	HEA	HEA	FSC