

### **JO's Warm-Ups:**

We are dividing the morning prelims sessions into assigned warm-up periods that are approximately equal in size. The timed finals and finals sessions will all be open warm-ups.

For the morning prelims sessions:

Group 1 - Teams A - NPAC

Group 2 - Teams NRG - Z, plus all unattached swimmers (THUS WE ARE IN GROUP 2)

#### **Wednesday/Thursday:**

7:00-7:30 am: Group 1

7:30-8:00 am: Group 2

8:00-8:20 am: Open warm-up w/ sprint and pace lanes

#### **Friday/Saturday:**

7:00-7:30 am: Group 2

7:30-8:00 am: Group 1

8:00-8:20 am: Open warm-up w/ sprint and pace lanes