

LAI 2017 - SUNDAY WARM UP ASSIGNMENTS

1st WARM UP 6:20-7:20AM

MVN, CANY, SCAL, ACES, KCB, RSCA, HRA, NCA, NTN, ROSE, BUEN, CLSS, FORD, LAC, CSSC, PASA, UBCD, TNT, BY, DSS, WAC, SMSC, UCSD, RA, LOSC, UCSC, NVST, RMDA

WARM UP POOL: MVN 3 LANES, CANY 2 LANES, SCAL 2 LANES

2nd WARM UP 7:20-8:20AM

NOVA, CITI, PS, GWSC, WEST, UCSB, GSC, SRN, TROJ, SBA, ALPH, BCH, SHRK, EAST, CCAT, PVST, RST, RTL, SDY, BRUN, JCCW, CRWN, PATH, ZAP, PASO, PUMA, TSM, WAVE, CAST, ICAC, SET, SV5B, BREA, DWN, LASC, YST, AZOT, CAL, CASC, CIA, DACA, DRGN, EKSC, HOLY, HYACK, IVDS, IWV, JCA, KCS, MPMR, OAK, OAS, PCS, PICK, RAA, SAC, SBSC, SEAL, SGSG, SIER, SLO, SMT, SPART, TCS, TERR, TRA, WOOD, UNAT

WARM UP POOL: NOVA 4 LANES, CITI 1 LANE