

## 2019 Los Angeles Invitational Prelim Warm Up

There will be **THREE** warm up sessions:

Warm Up 1 – 6:25-7:05 AM

Warm Up 2 – 7:05-7:45 AM

Warm Up 3 – 7:45-8:25 AM

The Dive Well (25 yard pool) will be available for additional warm up space

Warm Up entry – THREE POINT, SLIP/SLIDE NO JUMPING OR DIVING

Prelims start at 8:30 AM

### Group A – Friday Warm Up 1 – Saturday Warm Up 3 – Sunday Warm Up 2

Lane 1	MVN
Lane 2	MVN, SYP, TRID
Lane 3	NCA, AAA
Lane 4	FORD, DSS
Lane 5	ALTO, TRA, RORA
Lane 6	TROJ, SRN, SWRD
Lane 7	SUN, FORK, BREA
Lane 8	BCH, CAL, Baja, Island

### Group B – Friday Warm Up 2 – Saturday Warm Up 1 – Sunday Warm Up 3

Lane 1	NOVA
Lane 2	NOVA
Lane 3	NOVA
Lane 4	ROSE
Lane 5	SCAL
Lane 6	RMDA, PEAK
Lane 7	TAC-UCSD, TNT
Lane 8	BUEN, GSC

### Group C – Friday Warm Up 3 – Saturday Warm Up 2 – Sunday Warm Up 1

Lane 1	SHRK, TSM, WAC, AZTC, CANY
Lane 2	UCSB, FSON, LKWD
Lane 3	WEST, PASA, ALPH
Lane 4	FAST, PS
Lane 5	CAST, SET, AZOT, CLSS, PATH, MXL
Lane 6	SBA, SSD, VSC(Shanghai), GWSC, LASC, PVST, RYL
Lane 7 & 8	Remaining Teams/Swimmers

Thursday Session will be General Warm Up in both pools at 2:00 PM

**PRELIMS WILL NOT BE FLIGHTED**  
**ALL DAYS FAST to SLOW**  
**400 FREE and 400 IM ALTERNATING W/M**