

# KP WARM UP

## Friday Warm-up Assignments

<b>7:05-7:40</b>	<b>SOUTH COURSE</b>	<b>NORTH COURSE</b>	<b>WARM-UP POOL</b>
Lane 1	CCAT, RA	Pace	RMDA
Lane 2	LKWD, RIPT	Practice Starts	RMDA
Lane 3	GWSC, YST	SEAL, TCC, SCAC	DSA, EAST
Lane 4	BAY, FAST	TMEC, SPS	PASA
Lane 5	LASC	CAST, SACA	PASA, HOLY
Lane 6	SDSA, MPMR	JCCW, SBA	RST, RORA
Lane 7	SET, BLUE	SCAT, SCOR	TORR, DARE, DA
Lane 8	CCAQ, TRID, VISN	CHS, COTO	MRA, MSAC, SOL, CERR
Lane 9	xxxxx	unassigned	xxxxx

<b>7:40-8:15</b>	<b>SOUTH COURSE</b>	<b>NORTH COURSE</b>	<b>WARM-UP POOL</b>
Lane 1	CITI	Pace	MVN
Lane 2	CITI	Practice Starts	MVN
Lane 3	ROSE	NOVA	MVN
Lane 4	ROSE	NOVA	RSD
Lane 5	ROSE, FROG	NOVA	RSD
Lane 6	SCAL	NOVA	RSD, ORCA, PST
Lane 7	SCAL	NCA	CLOV
Lane 8	SCAL, STAR, DSRT, SWRD	NCA	ALPH, SGSG
Lane 9	xxxxx	unassigned	xxxxx

<b>8:15-8:50</b>	<b>SOUTH COURSE</b>	<b>NORTH COURSE</b>	<b>WARM-UP POOL</b>
Lane 1	GSC	Pace	PATH
Lane 2	GSC, MSAC, REBS	Practice Starts	PATH, FDST
Lane 3	HSA, ICAC	WEST	LOSC
Lane 4	TSM, ZAP	RAA, SDSA	SHRK
Lane 5	FSON	TNT, WAVE	SHRK, AAA
Lane 6	AZOT	PS	BREA
Lane 7	CANY	PDST, SCOR	BREA
Lane 8	CANY, MESA	TROJ, UCSB, TE	Unassigned Teams
Lane 9	xxxxx	unassigned	xxxxx

# KP WARM UP

## Saturday Warm-up Assignments

<b>7:05-7:40</b>	<b>SOUTH COURSE</b>	<b>NORTH COURSE</b>	<b>WARM-UP POOL</b>
Lane 1	HSA, ICAC	Pace	RMDA
Lane 2	WEST	Practice Starts	RMDA
Lane 3	PATH	SHRK	BREA
Lane 4	PATH, FDST	SHRK, AAA	BREA
Lane 5	LOSC	CLSS, COST	BREA, PDST, SCOR
Lane 6	SET, BLUE	SDSA, MPMR	RAA
Lane 7	AZOT	CANY	RAA, SSD
Lane 8	VISN, SGSG, FROG	CANY, MESA	PS
Lane 9	xxxxx	unassigned	xxxxx

<b>7:40-8:15</b>	<b>SOUTH COURSE</b>	<b>NORTH COURSE</b>	<b>WARM-UP POOL</b>
Lane 1	MVN	Pace	CCAT, RA
Lane 2	MVN	Practice Starts	LKWD, RIPT
Lane 3	MVN	ROSE	SEAL, TCC, SCAC
Lane 4	PASA	ROSE	TMEC, SPS
Lane 5	PASA, HOLY, SOL, MRA	ROSE	CAST, SACA
Lane 6	RST, RORA	LASC	JCCW, SBA
Lane 7	TORR, DARE, DA	BAY, FAST	SCAT, SCOR
Lane 8	TROJ, UCSB, TE	GWSC, YST	CHS, COTO
Lane 9	xxxxx	DSA, EAST, BSC	xxxxx

<b>8:15-8:50</b>	<b>SOUTH COURSE</b>	<b>NORTH COURSE</b>	<b>WARM-UP POOL</b>
Lane 1	RSD	Pace	NOVA
Lane 2	RSD	Practice Starts	NOVA
Lane 3	RSD, ORCA, PST	GSC	NOVA
Lane 4	CLOV	GSC, MSAC, REBS, SUPR	NOVA
Lane 5	ALPH	TSM, ZAP	CITI
Lane 6	SCAL	FSON	CITI
Lane 7	SCAL	CCAQ, TRID	NCA
Lane 8	SCAL, STAR, DSRT, SWRD	TNT, WAVE	NCA
Lane 9	xxxxx	unassigned	xxxxx

# KP WARM UP

## Sunday Warm-up Assignments

<b>6:35-7:10</b>	<b>SOUTH COURSE</b>	<b>NORTH COURSE</b>	<b>WARM-UP POOL</b>
Lane 1	CITI	Pace	RMDA
Lane 2	CITI	Practice Starts	RMDA
Lane 3	NCA	RSD	ROSE
Lane 4	NCA	RSD	ROSE
Lane 5	NOVA	RSD, ORCA. PST	ROSE
Lane 6	NOVA	CLOV	SCAL
Lane 7	NOVA	ALPH	SCAL
Lane 8	NOVA	WEST	SCAL, STAR, DSRT, SWRD
Lane 9	xxxxx	unassigned	xxxxx

<b>7:10-7:45</b>	<b>SOUTH COURSE</b>	<b>NORTH COURSE</b>	<b>WARM-UP POOL</b>
Lane 1	BREA	Pace	GSC
Lane 2	BREA	Practice Starts	GSC, MSAC, REBS, SUPR
Lane 3	BREA, PDST	PATH	TSM, ZAP
Lane 4	RAA,	PATH, FDST	FSON
Lane 5	RAA, SSD	LOSC	AZOT
Lane 6	PS	MVN	TNT, WAVE
Lane 7	CANY	MVN	SHRK
Lane 8	CANY, MESA	MVN	SHRK, AAA
Lane 9	xxxxx	SGSG, BSC	xxxxx

<b>7:45-8:20</b>	<b>SOUTH COURSE</b>	<b>NORTH COURSE</b>	<b>WARM-UP POOL</b>
Lane 1	CCAT, RA	Pace	GWSC, YST
Lane 2	LKWD, RIPT	Practice Starts	BAY, FAST
Lane 3	SEAL, TCC, SCAC	DSA, EAST	LASC
Lane 4	TMEC, SPS	PASA	SDSA, MPMR
Lane 5	CAST, SACA	PASA, HOLY, SOL, MRA	SET, BLUE
Lane 6	JCCW, SBA	RST, RORA	CCA, TRID
Lane 7	SCAT, SCOR, VISN	TORR, DARE, DA	HSA, ICAC, CERR
Lane 8	CHS, COTO	TROJ, UCSB, TE	CLSS, COST, FROG
Lane 9	xxxxx	unassigned	xxxxx