

2010 Spring Fling

Warm Up Schedule

April 16, 2010

Friday - Evening

Session A, 5:30-6:00pm

<u>Lane 1</u> RSCA	<u>Lane 2</u> RSCA	<u>Lane 3</u> RSCA	<u>Lane 4</u> RSCA	<u>Lane 5</u> RSCA	<u>Lane 6</u> RSCA	<u>Lane 7</u> RSCA	<u>Lane 8</u> RSCA
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Session B, 6:00-6:30pm

<u>Lane 1</u> FAST	<u>Lane 2</u> FAST	<u>Lane 3</u> FAST	<u>Lane 4</u> RPLX	<u>Lane 5</u> RPLX	<u>Lane 6</u> SST	<u>Lane 7</u> HEAT MMAC UCSC	<u>Lane 8</u> RLAY BSC PBPB
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Swimmers must enter the pool “feet first” – no diving or cannonballs.

Swimmers traveling without a coach please report to the Meet Director or Meet Referee prior to Warm-Ups.

2010 Spring Fling

Warm Up Schedule

April 17 & 18, 2010

Saturday & Sunday Morning

Session A, 7:00-7:30am

<u>Lane 1</u> RSCA	<u>Lane 2</u> RSCA	<u>Lane 3</u> RSCA	<u>Lane 4</u> RSCA	<u>Lane 5</u> RSCA	<u>Lane 6</u> RSCA	<u>Lane 7</u> RSCA	<u>Lane 8</u> RSCA
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Session B, 7:30-8:00am

<u>Lane 1</u> FAST MMAC USSC - (SAT Only)	<u>Lane 2</u> FAST	<u>Lane 3</u> FAST	<u>Lane 4</u> RPLX	<u>Lane 5</u> RPLX	<u>Lane 6</u> SST	<u>Lane 7</u> HEAT	<u>Lane 8</u> BSC RLAY PBPB
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Swimmers must enter the pool "feet first" – no diving or cannonballs.

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2010 Spring Fling

Warm Up Schedule

April 17 & 18, 2010

Saturday & Sunday Afternoon

Session A, 12:00 – 12:30pm

<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
RSCA	RSCA	RSCA	RSCA	RSCA	RSCA	SST	HEAT

Session B, 12:30 – 1:00pm

<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
RPLX	RPLX	RPLX	FAST	FAST	FAST	FAST PBPB	BSC RLAY

Swimmers must enter the pool “feet first” – no diving or cannonballs.

Swimmers traveling without a coach please report to the Meet Director or Meet Referee prior to Warm-Ups.