

**CRA December 7-10, 2023
Prelim & Final Invite
Team Warm Up Assignments**

Thursday December 7-10, 2023 (Distance Session)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
		4:30 – 5:00 PM										
		5:00 – 5:10 PM										
		5:10 PM										
		5:15 PM										

General Warm Up All Lanes
Lanes 1-2 Pace
Lanes 3-5, 11-13 General
Lanes 6-10 Sprint

Pool Cleared

Meet Start

**CRA December 7-10, 2023
Prelim & Final Invite
Team Warm Up Assignments**

Friday December 8, 2023 (11 & Over Prelims)

7:00-7:25 AM	GROUP A: CRA, EAST, RYWC, ABF, UN-NE, UN-CA
7:25-7:50 AM	GROUP B: LIE, YFD, LEHY, WYW, ATST, PHX
7:50-8:15 AM	GROUP C: CDOG, SSAC, ZEUS, WHAT, CFIV, YMID, DELM, UN-CA,

8:15-8:25 AM												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
Pace	Pace	General	General	General	General	Sprint	Sprint	Sprint	Sprint	General	General	General

Pool Clears at 8:25 AM

Meet Starts at 8:30 AM

**CRA December 7-10, 2023
Prelim & Final Invite
Team Warm Up Assignments**

Friday December 8, 2023 (10 & Under, Time Trials)

12:30-12:50 PM	General Warm Up All Lanes
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12:50 – 12:55 PM												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
General	General	General	General	General	General	General	Sprint	Sprint	Sprint	General	General	General

Pool Clears at 12:55 PM

Meet Starts at 1:00 PM

**CRA December 7-10, 2023
Prelim & Final Invite
Team Warm Up Assignments**

Saturday December 9, 2023 (11 & Over Prelims)

7:00-7:25 AM	GROUP C: CDOG, SSAC, ZEUS, WHAT, CFIV, YMID, DELM, UN-CA,
7:25-7:50 AM	GROUP A: CRA, EAST, RYWC, ABF, UN-NE, UN-CA
7:50-8:15 AM	GROUP B: LIE, YFD, LEHY, WYW, ATST, PHX

8:15-8:25 AM												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
Pace	Pace	General	General	General	General	Sprint	Sprint	Sprint	Sprint	General	General	General

Pool Clears at 8:25 AM

Meet Starts at 8:30 AM

**CRA December 7-10, 2023
Prelim & Final Invite
Team Warm Up Assignments**

Saturday December 9, 2023 (10 & Under, Time Trials)

12:30-12:50 PM	General Warm Up All Lanes
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12:50 – 12:55 PM												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
General	General	General	General	General	General	General	Sprint	Sprint	Sprint	General	General	General

Pool Clears at 12:55 PM

Meet Starts at 1:00 PM

**CRA December 7-10, 2023
Prelim & Final Invite
Team Warm Up Assignments**

Sunday December 10, 2023 (11 & Over Prelims)

7:00-7:25 AM	GROUP B: LIE, YFD, LEHY, WYW, ATST, PHX
7:25-7:50 AM	GROUP C: CDOG, SSAC, ZEUS, WHAT, CFIV, YMID, DELM, UN-CA,
7:50-8:15 AM	GROUP A: CRA, EAST, RYWC, ABF, UN-NE, UN-CA

8:15-8:25 AM												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
Pace	Pace	General	General	General	General	Sprint	Sprint	Sprint	Sprint	General	General	General

Pool Clears at 8:25 AM

Meet Starts at 8:30 AM

**CRA December 7-10, 2023
Prelim & Final Invite
Team Warm Up Assignments**

Sunday December 10, 2023 (10 & Under, Time Trials)

12:30-12:50 PM	General Warm Up All Lanes
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12:50 – 12:55 PM												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
General	General	General	General	General	General	General	Sprint	Sprint	Sprint	General	General	General

Pool Clears at 12:55 PM

Meet Starts at 1:00 PM

**CRA December 7-10, 2023
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FRIDAY FINALS

4:45-5:05 PM	GROUP A: CRA, EAST, RYWC, ABF, UN-NE, UN-CA
5:05-5:25 PM	GROUP B: LIE, YFD, LEHY, WYW, ATST, PHX
5:25-5:45 PM	GROUP C: CDOG, SSAC, ZEUS, WHAT, CFIV, YMID, DELM, UN-CA,

5:45-5:55 PM												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
Pace	Pace	General	General	General	General	General	Sprint	Sprint	Sprint	General	General	General

Pool Clears at 5:55 PM

Meet Starts at 6:00 PM

**CRA December 7-10, 2023
Prelim & Final Invite
Team Warm Up Assignments**

SATURDAY FINALS

4:45-5:05 PM	GROUP C: CDOG, SSAC, ZEUS, WHAT, CFIV, YMID, DELM, UN-CA,
5:05-5:25 PM	GROUP A: CRA, EAST, RYWC, ABF, UN-NE, UN-CA
5:25-5:45 PM	GROUP B: LIE, YFD, LEHY, WYW, ATST, PHX

5:45-5:55 PM												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
Pace	Pace	General	General	General	General	General	Sprint	Sprint	Sprint	General	General	General

Pool Clears at 5:55 PM

Meet Starts at 6:00 PM

**CRA December 7-10, 2023
Prelim & Final Invite
Team Warm Up Assignments**

SUNDAY FINALS

4:15-4:35 PM	GROUP B: LIE, YFD, LEHY, WYW, ATST, PHX
5:35-4:55 PM	GROUP C: CDOG, SSAC, ZEUS, WHAT, CFIV, YMID, DELM, UN-CA,
4:55-5:15 PM	GROUP A: CRA, EAST, RYWC, ABF, UN-NE, UN-CA

5:15-5:25 PM												
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
Pace	Pace	General	General	General	General	General	Sprint	Sprint	Sprint	General	General	General

Pool Clears at 5:25 PM

Meet Starts at 5:30 PM