Friday February 9, 2024 (Distance Session)

3:45 – 4:05 PM (Lanes 1-10)	CRA
4:05 – 4:25 PM (Lanes 1-10)	ABF, PHX, GS, BGSC, SSYS, SYS
4:25 – 4:45 PM (Lanes 1-10)	USC, STRM, ATST, KING, KASC, YMNT, SEAC

(Lanes 11-13 – Closed)

4:45-4:55 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 4:55 PM

Meet Starts at 5:00 PM

Saturday February 10, 2024 (13 & Over Prelims)

7:00-7:20 AM (Lanes 1-10)	CRA, STRM
7:20–7:40 AM (Lanes 1-10)	ABF, KING, ATST, SYS, KASC
7:40 – 8:00 AM (Lanes 1-10)	USC, GS, BGSC, SSYS, PHX, SEAC, YMNT

(Lanes 11-13 – Closed)

Pool Clears at 8:00 AM

Meet Starts at 8:05 AM

Saturday February 10, 2024 (11-12 Prelim / 10 & Under Time Final)

11:50-12:10 PM (Lanes 1-13)	CRA, ABF, PHX, SSYS, GS, SYS
12:10–12:30 PM (Lanes 1-13)	KING, ATST, STRM, USC, KASC, BGSC, SEAC

Pool Clears at 12:30 PM

Meet Starts at 12:35 PM

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

Sunday February 11, 2024 (13 & Over Prelims)

7:00-7:20 AM	USC, GS, BGSC, SSYS, PHX, SEAC, YMNT
7:20–7:40 AM	CRA, STRM
7:40 - 8:00 AM	ABF, KING, ATST, SYS, KASC

Pool Clears at 8:00 AM

Meet Starts at 8:05 AM

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

Sunday February 11, 2024 (11-12 Prelim / 10 & Under Time Final)

11:15-11:35 PM	KING, ATST, STRM, USC, KASC, BGSC, SEAC
11:35–11:55 PM	CRA, ABF, PHX, SSYS, GS, SYS

Pool Clears at 11:55 PM

Meet Starts at 12:00 PM

SATURDAY FINALS

5:00-5:20 PM	Girls Finalists Only
5:20-5:40 PM	Boys Finalists Only

5:40-5:5	5:40-5:50 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	Sprint	Sprint	Sprint	Sprint	General	General	General

Pool Clears at 5:50 PM

Meet Starts at 5:55 PM

SUNDAY FINALS

5:00-5:20 PM	Boys Finalists Only
5:20-5:40 PM	Girls Finalists Only

5:40-5:5	5:40-5:50 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	Sprint	Sprint	Sprint	Sprint	General	General	General

Pool Clears at 5:50 PM

Meet Starts at 5:55 PM