

**CRA December 12-15, 2024  
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
		<b>5:00 – 5:30 PM</b>	<b>General Warm Up All Lanes</b>									
		<b>5:30 – 5:40 PM</b>	<b>Lanes 1-2 Pace</b>									
			<b>Lanes 3-5, 11-13 General</b>									
			<b>Lanes 6-10 Sprint</b>									
		<b>5:40 PM</b>	<b>Pool Cleared</b>									
		<b>5:45 PM</b>	<b>Meet Start</b>									

**CRA December 12-15, 2024  
Prelim & Final Invite  
Team Warm Up Assignments**

**Friday December 11, 2024 (11 & Over Prelims)**

<b>7:00-7:25 AM</b>	<b>GROUP A: CRA, YFD, CDOG, CFIV</b>
<b>7:25-7:50 AM</b>	<b>GROUP B: EAST, SSAC, RYWC, DELM, LEHY</b>
<b>7:50-8:15 AM</b>	<b>GROUP C: GS, LIE, ZEUS, WYW, YMID, WHAT</b>

<b>8:15-8:30 AM</b>												
<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>	<b>Lane 9</b>	<b>Lane10</b>	<b>Lane11</b>	<b>Lane12</b>	<b>Lane13</b>
<b>Pace</b>	<b>Pace</b>	<b>General</b>	<b>General</b>	<b>General</b>	<b>General</b>	<b>Sprint</b>	<b>Sprint</b>	<b>Sprint</b>	<b>Sprint</b>	<b>General</b>	<b>General</b>	<b>General</b>

**Pool Clears at 8:30 AM**

**Meet Starts at 8:35 AM**

**CRA December 12-15, 2024  
Prelim & Final Invite  
Team Warm Up Assignments**

**Friday December 13, 2024 (10 & Under, Time Trials)**

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

**Pool Clears at 12:55 PM**

**Meet Starts at 1:00 PM**

**CRA December 12-15, 2024  
Prelim & Final Invite  
Team Warm Up Assignments**

**Saturday December 14, 2024 (11 & Over Prelims)**

<b>7:00-7:25 AM</b>	<b>GROUP C: GS, LIE, ZEUS, WYW, YMID, WHAT</b>
<b>7:25-7:50 AM</b>	<b>GROUP A: CRA, YFD, CDOG, CFIV</b>
<b>7:50-8:15 AM</b>	<b>GROUP B: EAST, SSAC, RYWC, DELM, LEHY</b>

<b>8:15-8:30 AM</b>												
<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>	<b>Lane 9</b>	<b>Lane10</b>	<b>Lane11</b>	<b>Lane12</b>	<b>Lane13</b>
<b>Pace</b>	<b>Pace</b>	<b>General</b>	<b>General</b>	<b>General</b>	<b>General</b>	<b>Sprint</b>	<b>Sprint</b>	<b>Sprint</b>	<b>Sprint</b>	<b>General</b>	<b>General</b>	<b>General</b>

**Pool Clears at 8:30 AM**

**Meet Starts at 8:350 AM**

**CRA December 12-15, 2024  
Prelim & Final Invite  
Team Warm Up Assignments**

**Saturday December 14, 2024 (10 & Under, Time Trials)**

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

**Pool Clears at 12:55 PM**

**Meet Starts at 1:00 PM**

**CRA December 12-15, 2024  
Prelim & Final Invite  
Team Warm Up Assignments**

**Sunday December 15, 2024 (11 & Over Prelims)**

<b>7:00-7:25 AM</b>	<b>GROUP B: EAST, SSAC, RYWC, DELM, LEHY</b>
<b>7:25-7:50 AM</b>	<b>GROUP C: GS, LIE, ZEUS, WYW, YMID, WHAT</b>
<b>7:50-8:15 AM</b>	<b>GROUP A: CRA, YFD, CDOG, CFIV</b>

<b>8:15-8:30 AM</b>												
<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>	<b>Lane 9</b>	<b>Lane10</b>	<b>Lane11</b>	<b>Lane12</b>	<b>Lane13</b>
<b>Pace</b>	<b>Pace</b>	<b>General</b>	<b>General</b>	<b>General</b>	<b>General</b>	<b>Sprint</b>	<b>Sprint</b>	<b>Sprint</b>	<b>Sprint</b>	<b>General</b>	<b>General</b>	<b>General</b>

**Pool Clears at 8:25 AM**

**Meet Starts at 8:35 AM**

**CRA December 12-15, 2024  
Prelim & Final Invite  
Team Warm Up Assignments**

**Sunday December 15, 2024 (10 & Under, Time Trials)**

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

**Pool Clears at 12:55 PM**

**Meet Starts at 1:00 PM**

**CRA December 12-15, 2024  
Prelim & Final Invite  
Team Warm Up Assignments**

**FRIDAY FINALS**

<b>4:45-5:05 PM</b>	<b>GROUP A: CRA, YFD, CDOG, CFIV</b>
<b>5:05-5:25 PM</b>	<b>GROUP B: EAST, SSAC, RYWC, DELM, LEHY</b>
<b>5:25-5:45 PM</b>	<b>GROUP C: GS, LIE, ZEUS, WYW, YMID, WHAT</b>

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

**Pool Clears at 5:55 PM**

**Meet Starts at 6:00 PM**



**CRA December 12-15, 2024  
Prelim & Final Invite  
Team Warm Up Assignments**

**SATURDAY FINALS**

<b>4:45-5:05 PM</b>	<b>GROUP C: GS, LIE, ZEUS, WYW, YMID, WHAT</b>
<b>5:05-5:25 PM</b>	<b>GROUP A: CRA, YFD, CDOG, CFIV</b>
<b>5:25-5:45 PM</b>	<b>GROUP B: EAST, SSAC, RYWC, DELM, LEHY</b>

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

**Pool Clears at 5:55 PM**

**Meet Starts at 6:00 PM**

**CRA December 12-15, 2024  
Prelim & Final Invite  
Team Warm Up Assignments**

**SUNDAY FINALS**

<b>4:15-4:35 PM</b>	<b>GROUP B: EAST, SSAC, RYWC, DELM, LEHY</b>
<b>5:35-4:55 PM</b>	<b>GROUP C: GS, LIE, ZEUS, WYW, YMID, WHAT</b>
<b>4:55-5:15 PM</b>	<b>GROUP A: CRA, YFD, CDOG, CFIV</b>

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

**Pool Clears at 5:25 PM**

**Meet Starts at 5:30 PM**