GPAC Winter Invitational

Warm Up Assignments

Friday, January 13, 2012

PM Session

A Warm-Up

SHALLOW	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane No #
4:00 to 4:45 PM	GSST	CMSA	OBST	CA	PCST	PCST	PCST	PCST	SAST

DEEP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane No #
4:00 to 4:45 PM	GPAC	GPAC	GPAC	GPAC	GPAC	GPAC	GPAC	GPAC	GPAC

B Warm-Up

SHALLOW	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane No #
4:45 to 5:30 PM	ATAC	ATAC	ATAC	BEST	BEST	BEST	TNT	SUNS	SUNS

DEEP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane No #
4:45 to 5:30 PM	SUNS	CRAW	CRAW	CRAW	CRAW	CRAW	CRAW	CRAW	CRAW

GPAC Winter Invitational

Warm Up Assignments

Saturday, January 14, 2012

AM Session

A Warm-Up

SHALLOW	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane No #
7:15 to 8:00 AM	TNT	CA	CMSA	BEST	BEST	BEST	ATAC	ATAC	ATAC

DEEP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane No #
7:15 to 8:00 AM	GPAC	GPAC	GPAC	GPAC	GPAC	GPAC	GPAC	GPAC	GPAC

B Warm-Up

SHALLOW	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane No #
8:00 to 8:45 AM	GSST	OBST	PCST	PCST	PCST	PCST	SUNS	SUNS	SUNS

DEEP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane No #
8:00 to 8:45 AM	CRAW	CRAW	CRAW	CRAW	CRAW	CRAW	CRAW	CRAW	SAST

GPAC Winter Invitational

Warm Up Assignments

Sunday, January 15, 2012

AM Session

A Warm-Up

SHALLOW	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane No #
7:15 to 8:00 AM	PCST	PCST	PCST	SUNS	SUNS	SUNS	OBST	ATAC	ATAC

DEEP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane No #
7:15 to 8:00 AM	CRAW	CRAW	CRAW	CRAW	CRAW	CRAW	CRAW	CRAW	ATAC

B Warm-Up

SHALLOW	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane No #
8:00 to 8:45 AM	GSST	CMSA	TNT	SAST	CA	BEST	BEST	BEST	GPAC

DEEP	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane No #
8:00 to 8:45 AM	GPAC	GPAC	GPAC	GPAC	GPAC	GPAC	GPAC	GPAC	GPAC