

### JO's Lane Assignments

Lane:	Friday	Saturday	Sunday
1	SAS	HAYS, LCA, SAS	HAYS, LCA, SAS
2	MM	MM	MM
3	Open	LSAC	LSAC
4	Open	HOT, GOLD	HOT, GOLD
25-yard Pool	WFLY	WFLY	WFLY

The last 10 minutes of warm ups (8:35-8:45) will be for one-way, dive sprints in all lanes of the 50-meter pool.

Any coach who feels like their swimmers are over-crowded in the 50-meter pool is welcome to share the 25-yard pool.

Any swimmers without a coach in attendance must report to the WFLY coaches for warm ups.