

# MLK WARM UP ASSIGNMENTS

## FRIDAY PM SESSION: 1 4:00-4:50 PM START: 5:00 PM

Main Pool	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
4:00-4:50	MAY	MAY	MAY	SJAC	SJAC	RY	CAT	CAT/OCY

## SATURDAY 11/12 SESSION: 2 10:00-10:30 AM START: 10:40 AM

Main Pool	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
10:00-10:30	MAY	MAY	MAY	SJAC	SJAC	RY	RY/OTT	OCY

## SATURDAY 13/14 SESSION: 3 12:15 -1:05 PM START: 1:15 PM

Main Pool	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
12:15-12:40	SJAC	SJAC	SJAC	SJAC	SJAC	SJAC	RY	RY/OCY
12:40-1:05	MAY	MAY	MAY	MAY	CAT	CAT	CAT	CAT

## SATURDAY 15 & OVER SESSION: 4 3:15-4:05 PM START: 4:15 PM

Main Pool	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
3:15-3:40	MAY	MAY	MAY	MAY	MAY	MAY	RY	RY
3:40-4:05	OCY	OCY	SJAC	SJAC	SJAC	SJAC	CAT	CAT

## SUNDAY 11/12 SESSION: 5 9:30-10:00 AM START: 10:10 AM

Main Pool	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
9:30-10:00	MAY	MAY	MAY	SJAC	SJAC	RY	RY	OCY/OTT

## SUNDAY 13/14 SESSION: 6 11:30-12:20 PM START: 12:30 PM

Main Pool	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
11:30-11:55	MAY	MAY	MAY	MAY	CAT	CAT	CAT	CAT
11:55-12:20	SJAC	SJAC	SJAC	SJAC	SJAC	RY	RY	OCY

## SUNDAY 15 & OVER SESSION: 7 2:15-3:05 PM START: 3:15 PM

Main Pool	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
2:15-2:40	MAY	MAY	MAY	MAY	MAY	MAY	RY	RY
2:40-3:05	SJAC	SJAC	SJAC	SJAC	SJAC	CAT	CAT	OCY

## MONDAY 10 & UNDER SESSION: 8 10:00-10:30 AM START: 10:40 AM

Main Pool	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
10:00-10:30	MAY	MAY	MAY	MAY	RY	RY	RY/OCY	SJAC