

## **12& Under WARM UP ASSIGNMENTS**

**WARM-UP A:**     **Friday: 7:30-8:10 AM**  
                              **Saturday: 8:10 – 8:50 AM**

**Sunday: 7:30 – 8:10 AM**

Lane 1: MTS; SAC  
Lane 2: AGS; MTAC  
Lane 3: NAC  
Lane 4: NAC  
Lane 5: NAC  
Lane 6: NAC; SA-GA  
Lane 7: BSL  
Lane 8: GCS; MCAL

**WARM-UP B:**     **Friday: 8:10-8:50 AM**  
                              **Saturday: 7:30-8:10 AM**  
                              **Sunday: 8:10-8:50 AM**

Lane 1: TBAY; MMST; AA-SD; DOLF; GST; HOSC; HSA; LINS; MSA; UN-FL; UN-GA; UN-KY; UN-MS; UN-SE  
Lane 2: XCEL; MTSC  
Lane 3: XCEL  
Lane 4: LAK  
Lane 5: LAK  
Lane 6: LAK; CARD  
Lane 7: PCY; CTA; TSC; BAY  
Lane 8: SCAC; SEAL; HBT; SPY; MVA; RRST

## **13 & OVER OPEN WARM UP**

### **OPEN WARM UPS**

**MORNING WARM UPS BEGIN AT 6:45 AM – COMPETITION BEGINS AT 8:30 AM**  
**FINALS WARM UPS BEGIN AT 4:00 PM – COMPETITION BEGINS AT 5:30 PM**

**2009 NAC Summer Sizzler  
12 & Under Warm-Up Lane Assignments**

Team	Friday		Saturday		Sunday	
	7:30am-8:10am	8:10am-8:50am	7:30am-8:10am	8:10am-8:50am	7:30am-8:10am	8:10am-8:50am
AA-SD		Lane 1	Lane 1			Lane 1
AGS	Lane 2			Lane 2	Lane 2	
BAY		Lane 7	Lane 7			Lane 7
BSL	Lane 7			Lane 7	Lane 7	
CARD		Lane 6	Lane 6			Lane 6
CTA		Lane 7	Lane 7			Lane 7
DOLF		Lane 1	Lane 1			Lane 1
GCS	Lane 8			Lane 8	Lane 8	
GST		Lane 1	Lane 1			Lane 1
HBT		Lane 8	Lane 8			Lane 8
HOSC		Lane 1	Lane 1			Lane 1
HSA		Lane 1	Lane 1			Lane 1
LAK		Lanes 4,5,6	Lanes 4,5,6			Lanes 4,5,6
LINS		Lane 1	Lane 1			Lane 1
MCAL	Lane 8			Lane 8	Lane 8	
MMST		Lane 1	Lane 1			Lane 1
MSA		Lane 1	Lane 1			Lane 1
MTAC	Lane 2			Lane 2	Lane 2	
MTS	Lane 1			Lane 1	Lane 1	
MTSC		Lane 2	Lane 2			Lane 2
MVA		Lane 8	Lane 8			Lane 8
NAC	Lanes 3,4,5,6			Lanes 3,4,5,6	Lanes 3,4,5,6	
PCY		Lane 7	Lane 7			Lane 7
RRST		Lane 8	Lane 8			Lane 8
SAC	Lane 1			Lane 1	Lane 1	
SA-GA	Lane 6			Lane 6	Lane 6	
SCAC		Lane 8	Lane 8			Lane 8
SEAL		Lane 8	Lane 8			Lane 8
SPY		Lane 8	Lane 8			Lane 8
TBAY		Lane 1	Lane 1			Lane 1
TSC		Lane 7	Lane 7			Lane 7
UN-FL		Lane 1	Lane 1			Lane 1
UN-GA		Lane 1	Lane 1			Lane 1
UN-KY		Lane 1	Lane 1			Lane 1
UN-MS		Lane 1	Lane 1			Lane 1
UN-SE		Lane 1	Lane 1			Lane 1
XCEL		Lanes 2,3	Lanes 2,3			Lanes 2,3