



# FRIDAY WARM-UP

## LANES BY SESSION

| <b>FRIDAY DISTANCE SESSION</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>COMP POOL</b>               | SCA-IN        | SCA-IN                       | BASC-IL<br>WTRC-OH           | ECST-IN<br>HHSC-IN            | BOON-IN<br>GCAT-IN           | BNY-IL<br>SEY-IN  | LYON-IL       | CSC-IN        |
| <b>DIVING WELL</b>             | OPEN          | OPEN                         | OPEN                         | OPEN                          | OPEN                         | OPEN              | OPEN          |               |
| <b>FRIDAY EVENING SESSION</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>COMP POOL</b>               | SCA-IN        | BASC-IL<br>BNY-IL<br>GCAT-IN | DON-IN<br>HHSC-IN<br>WTRC-OH | BOON-IN<br>LYON-IL<br>RMSC-IL | DTAC-IN<br>ECST-IN<br>SEY-IN | JAGS-IN<br>NOB-IN | CSC-IN        | CSC-IN        |
| <b>DIVING WELL</b>             | CSC-IN        | SCA-IN                       | SCA-IN                       | OPEN                          | OPEN                         | OPEN              | OPEN          |               |