

GSSA Warm-Up Schedule 2017

FRIDAY Afternoon Warm-Up Session (11&Over, LCM)

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
WARM-UP 1	MST	PWSC	WST	JRS	SOLO	CAS	ORO	BST (14)	BST	BST
2:30-2:50	UVAC	PRDE					CAN	INF		
WARM-UP 2	PST	GYT	BABS	JVST	STRM	STRM (7)	NCC	MKS	SSA (14)	SSA
2:50-3:10			RAYS/GST			CONY/SVST	LRW	BLUE	SBGC	

SATURDAY Morning Warm-Up Session (11&Over, LCM)

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
WARM-UP 1	MST	UVAC	PWSC	RAYS	SOLO	SOLO	CAN	GYT	GYT (10)	CAS
7:45-8:05		LRW	SVST	BLUE					CAS (10)	
WARM-UP 2	PST	PST	STRM	STRM	NCC	MKS	PRDE	BABS	SSA	SSA
8:05-8:25								SBGC		
WARM-UP 3	WST	JRS	JVST	ORO	INF	BST	BST	BST	BST	BST
8:25-8:45				GST	CONY					

SUNDAY Morning Warm-Up Session (10&U, SCY)

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
WARM-UP 1	PRDE	SVST	PST	PST	BLUE	BLUE	INF	INF
7:45-8:00		PWSC						
WARM-UP 2	BST	BST	BST	BST	BST	JVST	JVST	BABS
WARM-UP 3	SOLO	STRM	SSA	ORO	RAYS	RAYS	MKS	MKS
8:15-8:30				GST				
WARM-UP 4	GYT	GYT	MST	JRS	SBGC	WST	NCC	NCC
8:30-8:45			CONY	CAS	LRW	CAN		