

2010 SPEEDO ISI REGIONAL WARM-UPS

warm-up Friday

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	cool down pool
5-5:25pm	FOX	FOX	DLTA	DLTA	DLTA	MAVS	CHMP	WVA	OPEN
5:25-5:50 pm	ACAD	ACAD	ACAD	ACAD	WHTN/ RBSC	ULTA/ WSCS	SSSC/ MBLM	EXPR	OPEN

AM

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	cool down pool
7-7:25	FOX	FOX	ACAD	ACAD	ACAD	DLTA	DLTA/ WHTN	WHTN	OPEN
7::25-7:50	MAVS	MAVS	MAVS	CHMP	EXPR	RBSC/ MBLM	WSCS/ EMSC	ULT/SSSC/ WVA	OPEN

PM

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	cool down pool
12:00-12:25	FOX	FOX	ACAD	ACAD	ACAD	DLTA	DLTA	EMSC/ MBLM	OPEN
12:25-12:50	MAVS	MAVS	MAVS	WHTN	WHTN/ EXPR	EXPR	SSSC/ WSCS	ULT/SSSC WVA/ RBSC	OPEN