

2007 TYR Cup Holiday Classic Warm-Up Schedule

- Paces lanes - Lanes 1 & 8 in both pools
- Sprint Lanes - Lanes 4 & 5 - When available.

PM sessions for 12 under begin @ 12:30 and end @ 1:25 PM

Finals sessions begin @ 5:00 and end @ 5:55 PM

AM sessions are split warm ups as follows:

- Team are assigned to warm-up periods by their **Team Code** as outlined below – use both pools.

Friday and Sunday	PERIOD	TIMES	TEAMS
AM Session 13 and over	Warm-up #1:	6:30-7:10am	AAC- thru- LBA
	Sprint #1:	6:55-7:10am	
	Warm-up #2:	7:15-7:55am	LIE- thru- ZEUS
	Sprint #2:	7:40-7:55am	

Saturday	PERIOD	TIMES	TEAMS
AM Session 13 and over	Warm-up #1:	6:30-7:10am	LIE- thru- ZEUS
	Sprint #1:	6:55-7:10am	
	Warm-up #2:	7:15-7:55am	AAC- thru- LBA
	Sprint #2:	7:40-7:55am	