



# Warm up schedule 2010 EAST Spring Splash

## Friday Evening

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
4:30 - 4:55 pm	FAST	FAST	FAST	FAST	FAST	FAST	FAST	FAST	FAST	FAST
4:55 - 5:20 pm		RACE	BB	FAC	NFSC	LONG	GTS	WAVE WY	UN	

## Saturday & Sunday Morning

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
7 - 7:25 am	FAST	FAST	FAST	FAST	FAST	FAST	FAST	LONG	E-WAVE	VOTX/ BB
7:25 - 7:50 am	LOVE	LOVE	LOVE	LOVE	GTS	GTS	CSA/ W-WAVE	EPSC/ LSC	RMT/ FAC/PCST	UN/VST NFSC

## Saturday & Sunday Afternoon

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
1 - 1:25 pm	FAST	FAST	FAST	FAST	FAST	W-WAVE	GTS	GTS	E-WAVE/ ACES/RACE	EPSC/ BB
1:25 - 1:50 pm	LOVE	LOVE	LOVE	LOVE	LOVE	LONG	LONG	NFSC/ PCST	LSC/ CHEY	FAC/ UN