

**2010 FST
Spring LC Open
April 23-25, 2010
Carmody Pool, Lakewood, CO, Sanction# 2010-033
Warm-Up Assignments**

Session 1 Friday							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Warm-Up 1 4:00 to 4:25	RMT/UN	FST	FST	DSA	DSA/GTS	GTS	CUDA
Warm-Up 2 4:25 to 4:50	FAST	BLDR	BLDR	ACES	ACES	HRA	HRA/PARK/ ATST/LONG

Session 2 Saturday am							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Warm-Up 1 7:00 to 7:30	FST	ACES	ACES	DSA	HRA	GTS	ATST/PARK
Warm-Up 2 7:30 to 8:00	BLDR/UN	BLDR	FAST	FAST/CUDA	CUDA	LOVE	RMT/LONG

Session 3 Saturday pm							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Warm-Up 1 12:30 to 1:00	FST	CUDA/PARK	RMT	GTS	DSA	DSA/HRA	HRA
Warm-Up 2 1:00 to 1:30	LOVE	LOVE	FAST	FAST	BLDR/LONG	ACES	ACES/ATST

Session 4 Sunday am							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Warm-Up 1 7:00 to 7:30	FST	DSA	CUDA	CUDA/GTS	GTS	ATST/PARK	HRA
Warm-Up 2 7:30 to 8:00	FAST	LOVE	BLDR	BLDR	RMT/LONG	ACES	ACES

Session 5 Sunday pm							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Warm-Up 1 12:00 to 12:30	FST	FST	ACES	ACES/PARK/ ATST	DSA	GTS	HRA
Warm-Up 2 12:30 to 1:00	LOVE	LOVE	FAST	FAST	BLDR/LONG	LONG/RMT	CUDA