

**FAST Long Course Spring Open**  
**April 11–12, 2008**  
**Warm Up Schedule**

**Friday PM**

Lane	1	2	3	4	5	6	7	8	9	10
<b>4:30–4:55*</b>	FAST	FAST	FAST	FAST	FAST	FAST	FAST	FAST	FAST	FAST/VOTX
<b>4:55–5:20</b>	CUDA	CUDA	CUDA	HRA	HRA	HRA	EPSC	FST/PARK	CSA/WAVE	RST/ACES

**\*Note: Positive check-in closes at 4:55 for 400 Freestyle. Please check-in prior to warm-up.**

**\*\*Note: Positive check-in closes at 6:30pm for 400 IM**

**Saturday AM**

Lane	1	2	3	4	5	6	7	8	9	10
<b>7:30–7:55</b>	FAST	FAST	FAST	FAST	FAST	LOVE	LOVE	LOVE	LOVE	LOVE
<b>7:55–8:20</b>	CUDA	CUDA	PARK	CSA	EPSC	ACES	RST	FST/VOTX/WAVE		
<b>11:00–11:20</b> (time approx.)	<b>800 Free*</b> <b>Open Warm Up</b>									

**\*Note: Positive check-in closes at 9:30 AM.**

**Saturday PM**

Lane	1	2	3	4	5	6	7	8	9	10
<b>1:00–1:25</b>	FAST	FAST	FAST	FAST	FAST	LOVE	LOVE	LOVE	LOVE	LOVE
<b>1:25–1:50</b>	CUDA	CUDA	PARK	EPSC	CSA	WAVE	RST	VOTX	ACES	