

Warm-ups will begin at 10:15  
National Anthem 11:55 AM; Meet Start 12:00 PM

**2018 Warmup Assignments**  
**13-18 Prelims (THURS, July 19, 2nd Session)**

2 minutes during pool switch  
1 minute between sessions

| First Warmup | 10:15-10:47 | Second Warmup | 10:48-11:20 | Third Warmup | 11:21-11:53 |
|--------------|-------------|---------------|-------------|--------------|-------------|
| Fox Hill     | Barracuda   | Ranch         | Meadowglen  | Mesa         | Elks        |
| Rock Creek   | Meadows     | Louisville    | Broomfield  | BCC          | Lafayette   |

|         | Main Pool (with starting blocks) |             |               |             |              |             |
|---------|----------------------------------|-------------|---------------|-------------|--------------|-------------|
|         | First Warmup                     |             | Second Warmup |             | Third Warmup |             |
|         | 10:15-10:30                      | 10:32-10:47 | 10:48-11:03   | 11:05-11:20 | 11:21-11:36  | 11:38-11:53 |
| Lane 1  | Barracudas                       | Fox Hill    | Louisville    | Meadowglen  | Lafayette    | Mesa        |
| Lane 2  | Rock Creek                       | Fox Hill    | Louisville    | Meadowglen  | Lafayette    | Mesa        |
| Lane 3  | Rock Creek                       | Fox Hill    | Louisville    | Meadowglen  | Lafayette    | Mesa        |
| Lane 4  | Rock Creek                       | Fox Hill    | Louisville    | Meadowglen  | Lafayette    | Mesa        |
| Lane 5  | Rock Creek                       | Meadows     | Louisville    | Meadowglen  | Lafayette    | Mesa        |
| Lane 6  | Rock Creek                       | Meadows     | Louisville    | Meadowglen  | Lafayette    | Mesa        |
| Lane 7  | Rock Creek                       | Meadows     | Louisville    | Broomfield  | Elks         | BCC         |
| Lane 8  | Rock Creek                       | Meadows     | Louisville    | Broomfield  | Elks         | BCC         |
| Lane 9  | Rock Creek                       | Meadows     | Louisville    | Broomfield  | Elks         | OPEN        |
| Lane 10 | Rock Creek                       | Meadows     | Louisville    | Ranch       | Elks         | OPEN        |

|        | Shallow Pool |             |               |             |              |             |
|--------|--------------|-------------|---------------|-------------|--------------|-------------|
|        | First Warmup |             | Second Warmup |             | Third Warmup |             |
|        | 10:15-10:30  | 10:32-10:47 | 10:48-11:03   | 11:05-11:20 | 11:21-11:36  | 11:38-11:53 |
| Lane 1 | Meadows      | Barracudas  | Meadowglen    | Louisville  | Mesa         | Lafayette   |
| Lane 2 | Meadows      | Rock Creek  | Meadowglen    | Louisville  | Mesa         | Lafayette   |
| Lane 3 | Meadows      | Rock Creek  | Meadowglen    | Louisville  | Mesa         | Lafayette   |
| Lane 4 | Meadows      | Rock Creek  | Meadowglen    | Louisville  | Mesa         | Lafayette   |
| Lane 5 | Meadows      | Rock Creek  | Meadowglen    | Louisville  | Mesa         | Lafayette   |
| Lane 6 | Meadows      | Rock Creek  | Ranch         | Louisville  | Mesa         | Lafayette   |

|        | Diving Well  |             |               |             |              |             |
|--------|--------------|-------------|---------------|-------------|--------------|-------------|
|        | First Warmup |             | Second Warmup |             | Third Warmup |             |
|        | 10:15-10:30  | 10:32-10:47 | 10:48-11:03   | 11:05-11:20 | 11:21-11:36  | 11:38-11:53 |
| Lane 1 | Fox Hill     | Rock Creek  | Broomfield    | Louisville  | BCC          | Elks        |
| Lane 2 | Fox Hill     | Rock Creek  | Broomfield    | Louisville  | BCC          | Elks        |
| Lane 3 | Fox Hill     | Rock Creek  | Broomfield    | Louisville  | BCC          | Elks        |
| Lane 4 | Fox Hill     | Rock Creek  | OPEN          | Louisville  | OPEN         | Elks        |
| Lane 5 | Fox Hill     | OPEN        | OPEN          | OPEN        | OPEN         | OPEN        |