

First Warmup	6:15-6:47	Second Warmup	6:48-7:20	Third Warmup	7:21-7:53
Rock Creek	Mesa	Lafayette	Ranch	Louisville	Broomfield
Meadowglen	Fox Hill	BCC	Meadows	Elks	

	Main Competition Pool (with starting blocks)					
	First Warmup		Second Warmup		Third Warmup	
	6:15-6:30	6:32-6:47	6:48-7:03	7:05-7:20	7:21-7:36	7:37-7:53
Lane 1	Rock Creek	Rock Creek	BCC	OPEN	Louisville	OPEN
Lane 2	Rock Creek	Rock Creek	BCC	Ranch	Louisville	OPEN
Lane 3	Rock Creek	Rock Creek	BCC	Ranch	Louisville	Broomfield
Lane 4	Rock Creek	Fox Hill	Lafayette	Meadows	Louisville	Broomfield
Lane 5	Rock Creek	Fox Hill	Lafayette	Meadows	Louisville	Broomfield
Lane 6	Meadowglen	Fox Hill	Lafayette	Meadows	Louisville	Elks
Lane 7	Meadowglen	Fox Hill	Lafayette	Meadows	Louisville	Elks
Lane 8	Meadowglen	Mesa	Lafayette	Meadows	Louisville	Elks
Lane 9	Meadowglen	Mesa	Lafayette	Meadows	Louisville	Elks
Lane 10	Meadowglen	Mesa	Lafayette	Meadows	Louisville	Elks

	Shallow Pool- will have blocks!					
	First Warmup		Second Warmup		Third Warmup	
	6:15-6:30	6:32-6:47	6:48-7:03	7:05-7:20	7:21-7:36	7:37-7:53
Lane 1	Rock Creek	Meadowglen	Meadows	Lafayette	Broomfield	Louisville
Lane 2	Rock Creek	Meadowglen	Meadows	Lafayette	Broomfield	Louisville
Lane 3	Rock Creek	Meadowglen	Meadows	Lafayette	Broomfield	Louisville
Lane 4	Mesa	Meadowglen	Meadows	Lafayette	OPEN	Louisville
Lane 5	Mesa	Meadowglen	Meadows	Lafayette	OPEN	Louisville
Lane 6	Mesa	Meadowglen	Meadows	Lafayette	OPEN	Louisville

	Diving Well					
	First Warmup		Second Warmup		Third Warmup	
	6:15-6:30	6:32-6:47	6:48-7:03	7:05-7:20	7:21-7:36	7:37-7:53
Lane 1	Fox Hill	Rock Creek	Ranch	BCC	Elks	Louisville
Lane 2	Fox Hill	Rock Creek	Ranch	BCC	Elks	Louisville
Lane 3	Fox Hill	Rock Creek	OPEN	BCC	Elks	Louisville
Lane 4	Fox Hill	Rock Creek	OPEN	BCC	Elks	Louisville
Lane 5	OPEN	Rock Creek	OPEN	OPEN	Elks	Louisville

7:58 National Anthem

8:00am Finals Starts!!