

SPLIT WARM-UPS FOR MORNING PRELIMS

SATURDAY MORNING			
Early Warm-up 7am - 7:40am		Late Warm-up 7:40am - 8:20am	
Group A		Group B	
West (Scoreboard) Pool	East (Diving Well side) Pool	West (Scoreboard) Pool	East (Diving Well side) Pool
Black Dog Swimming-MN	North Suburban Aquatic Club-MN	Aberdeen Swim Club-SD	Kenosha Barracuda Swim Team-WI
Blackline Aquatics-MN	South East Metro Sharks-MN	Aces Swim Club-CO	La Crosse Area FamilyYMCA-WI
Edina Swim Club-MN	Star Swim Team-MN	Ames Cyclone Aquatics Club-IA	Lake Country Swim Team-WI
Twin Cities Swim Team-MN	Stma Area Swim Club-MN	Aquajets Swim Club-MN	Mantas Swim Club-MN
Hopkins Swim Club-MN	Team Foxjet-MN	Barracuda Aquatics Club-MN	McFarland Spartan Sharks-WI
Mach 3 Flyers-MN	The Great Wolf Swim Club-MN	Black Hawk Area Swim Team-IA	Med-City Aquatics-MN
New Hope Crystal Plymouth-MN	Una The Great Wolf Swim Club-MN	Cedar Rapids Aquatics Assn-IA	Monticello Swim Club-MN
	Unattached North Suburban-MN	Central Iowa Aquatics-IA	North East Aquatics Team-WI
	Unattached-MN	Central Wi Wave Makers-WI	Northland United Hammerheads-MV
	North Dakota Unattached-ND	Charlotte County Swimming-FL	Omni Swim Club-MN
	Great Wolf Unattached-MN	Coulee Region Rapids Swim Club-WI	Owatonna Area Swim Club-MN
	Arizona Desert Fox-AZ	Des Moines Swim Federation-IA	Red River Valley YMCA-ND
		Dubuque Area Swimmin' Hurrigan-IA	Red Wing Swim Club-MN
		Eau Claire YMCA Marlins-WI	Saint Cloud Swim Club-MN
		Fargo-Moorhead Family YMCA-ND	Southwest Swim Club-MN
		Fox Cities YMCA Swim Team-WI	St. Croix Swim Club-MN
		Hutchinson High Tides-MN	Tigersharks Swim Club-MN
		Iowa City Eels Swim Club-IA	Wright County Wave Swim Club-MN
		Jet Stream Aquatic Racing-MN	
		Snowfox Swim Team-SD	

The first 25 minutes of each warm-up session will be for general warm-up. The last 15 minutes will be for sprints in lane 2-7.

Saturday Evening – Warm-ups for Saturday Evening Finals will begin in the West (Scoreboard) pool at 4:30pm. The East (Diving Well Side) pool will open for warm-up upon completion of the Afternoon Timed Final Session.

SUNDAY MORNING

Late Warm-up 7:40am - 8:20am

Early Warm-up 7am - 7:40am

Group A		Group B	
East (Diving Well side) Pool	West (Scoreboard) Pool	East (Diving Well side) Pool	West (Scoreboard) Pool
Black Dog Swimming-MN	North Suburban Aquatic Club-MN	Aberdeen Swim Club-SD	Kenosha Barracuda Swim Team-WI
Blackline Aquatics-MN	South East Metro Sharks-MN	Aces Swim Club-CO	La Crosse Area FamilyYMCA-WI
Edina Swim Club-MN	Star Swim Team-MN	Ames Cyclone Aquatics Club-IA	Lake Country Swim Team-WI
Twin Cities Swim Team-MN	Stma Area Swim Club-MN	Aquajets Swim Club-MN	Mantas Swim Club-MN
Hopkins Swim Club-MN	Team Foxjet-MN	Barracuda Aquatics Club-MN	McFarland Spartan Sharks-WI
Mach 3 Flyers-MN	The Great Wolf Swim Club-MN	Black Hawk Area Swim Team-IA	Med-City Aquatics-MN
New Hope Crystal Plymouth-MN	Una The Great Wolf Swim Club-MN	Cedar Rapids Aquatics Assn-IA	Monticello Swim Club-MN
	Unattached North Suburban -MN	Central Iowa Aquatics-IA	North East Aquatics Team-WI
	Unattached-MN	Central Wi Wave Makers-WI	Northland United Hammerheads-MV
	North Dakota Unattached-ND	Charlotte County Swimming-FL	Omni Swim Club-MN
	Great Wolf Unattached-MN	Coulee Region Rapids Swim Club-WI	Owatonna Area Swim Club-MN
	Arizona Desert Fox-AZ	Des Moines Swim Federation-IA	Red River Valley YMCA-ND
		Dubuque Area Swimmin' Hurrigan-IA	Red Wing Swim Club-MN
		Eau Claire YMCA Marlins-WI	Saint Cloud Swim Club-MN
		Fargo-Moorhead Family YMCA-ND	Southwest Swim Club-MN
		Fox Cities YMCA Swim Team-WI	St. Croix Swim Club-MN
		Hutchinson High Tides-MN	Tigersharks Swim Club-MN
		Iowa City Eels Swim Club-IA	Wright County Wave Swim Club-MN
		Jet Stream Aquatic Racing-MN	
		Snowfox Swim Team-SD	

The first 25 minutes of each warm-up session will be for general warm-up. The last 15 minutes will be for sprints in lane 2-7.

Sunday Evening – Warm-ups for Sunday Evening Finals will begin in the West (Scoreboard) pool at 4:30pm. The East (Diving Well Side) pool will open for warm-up upon completion of the Afternoon Timed Final Session.