

## 2024 DEEP FREEZE WARM UP SCHEDULE

### Session 1 - Saturday morning - Meet Starts at 10:00am

Time/Lane Assg.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
9:00-9:30am	SOPR	SOPR	SOPR	SOPR	SOPR	SOPR	SOPR	SOPR
9:30-10:00am	ASPEN	MM	MM	AVON	TSC	MAV	MAV	MAV

### Session 2 - Saturday Afternoon - Starts at 1:30pm

Time/Lane Assg.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:30-1:00pm	TSC	OPEN	SOPR	SOPR	SOPR	SOPR	SOPR	SOPR
1:00-1:30pm	ASPEN	ASPEN	MM	MM	MAV	MAV	MAV	UNAT/OPEN

### Session 3 - Distance Session - Saturday afternoon\*\*

Time (Est.)/Lane Assg.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
3:30-3:45pm	ASPEN	ASPEN	MM	SOPR	SOPR	SOPR	MAV	TSC/UNAT

\*\*Starts - Approximatly 3:45pm, however we will begin 10-15 minutes following the conclusion of Session 2

### Session 4 - Sunday Morning - Meet starts at 9:00am (Time change goes in effect)

Time/Lane Assg.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:30am	TSC/UNAT	AVON	SOPR	SOPR	SOPR	SOPR	SOPR	SOPR
8:30-9:00am	ASPEN	ASPEN	MM	MM	MAV	MAV	MAV	MAV

### Session 5 - Sunday Afternoon - Starts at 12:30pm

Time/Lane Assg.	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
11:30-12:00pm	TSC	OPEN	SOPR	SOPR	SOPR	SOPR	SOPR	SOPR
12:00-12:30pm	ASPEN	ASPEN	ASPEN	AVON	MM	MAV	MAV	OPEN/UNAT