

## Friday 11-14 Prelim Warm-up Assignments

Teams may do general warm-ups, sprints, and pace work as the desire within their designated warm-up time and lanes. Meet starts at 8:40AM.

Lane	1st Warm-Up Period : 7:00-7:45
1	Illinois
2	Illinois
3	Illinois
4	Illinois
5	Illinois
6	Illinois
7	Wisconsin
8	Wisconsin
9	Wisconsin
10	Wisconsin

Lane	2nd Warm-Up Period : 7:45-8:30
1	Minnesota
2	Minnesota
3	Minnesota
4	Minnesota
5	Ohio
6	Ohio
7	Ohio
8	Michigan
9	Michigan
10	Michigan

## Friday 10 & Under Warm-up Assignments

Teams may do general warm-ups, sprints, and pace work as the desire within their designated warm-up time and lanes. Meet starts at 1:10PM.

Lane	Warm-Up Period : 12:10 - 1:00
1	Illinois
2	Illinois
3	Illinois
4	Minnesota
5	Ohio
6	Ohio
7	Michigan
8	Michigan
9	Wisconsin
10	Wisconsin

## Saturday 11-14 Prelim Warm-up Assignments

Teams may do general warm-ups, sprints, and pace work as the desire within their designated warm-up time and lanes. Meet starts at 8:40AM.

Lane	1st Warm-Up Period : 7:00-7:45
1	Minnesota
2	Minnesota
3	Minnesota
4	Minnesota
5	Ohio
6	Ohio
7	Ohio
8	Michigan
9	Michigan
10	Michigan

Lane	2nd Warm-Up Period : 7:45-8:30
1	Illinois
2	Illinois
3	Illinois
4	Illinois
5	Illinois
6	Illinois
7	Wisconsin
8	Wisconsin
9	Wisconsin
10	Wisconsin

## Saturday 10 & Under Warm-up Assignments

Teams may do general warm-ups, sprints, and pace work as the desire within their designated warm-up time and lanes. Meet starts at 1:30PM.

Lane	1st Warm-Up Period : 12:30 - 1:20
1	Illinois
2	Illinois
3	Illinois
4	Minnesota
5	Ohio
6	Ohio
7	Michigan
8	Michigan
9	Wisconsin
10	Wisconsin

## Sunday 11-14 Prelim Warm-up Assignments

Teams may do general warm-ups, sprints, and pace work as the desire within their designated warm-up time and lanes. Meet starts at 8:40AM.

Lane	1st Warm-Up Period : 7:00-7:45
1	Illinois
2	Illinois
3	Illinois
4	Illinois
5	Illinois
6	Illinois
7	Wisconsin
8	Wisconsin
9	Wisconsin
10	Wisconsin

Lane	2nd Warm-Up Period : 7:45-8:30
1	Minnesota
2	Minnesota
3	Minnesota
4	Minnesota
5	Ohio
6	Ohio
7	Ohio
8	Michigan
9	Michigan
10	Michigan

## Sunday 10 & Under Warm-up Assignments

Teams may do general warm-ups, sprints, and pace work as the desire within their designated warm-up time and lanes. Meet starts at 12:30PM.

Lane	1st Warm-Up Period : 11:30-12:20
1	Illinois
2	Illinois
3	Illinois
4	Minnesota
5	Ohio
6	Ohio
7	Michigan
8	Michigan
9	Wisconsin
10	Wisconsin