

Warm up schedule for 2010 April Long Course Kick Off:

**Friday Evening: (Warm-ups start at 5:40PM)**

**WHITE TEAM SHIRTS**

*Please plan for terrible traffic and do not be late!!!*

Lane 1: TXLA

Lane 2: AAAA

Lane 3: Gold

Lane 4: Lost Creek

Lane 5: Austin Elite

Lane 6: Champion

Lane 7 : Cedar Park, Lone Star

Lane 8: PFST, HEAT, Premier, Hays

**GREY TEAM SHIRTS**

**Saturday Morning: (Warm-ups start at 9:00 am)**

Well and Lane 1: TXLA, AQT

Lane 2: AAAA, New Braunfels, Hays

Lane 3: AAAA, Hays, Austin Elite

Lane 4: GOLD, FT HOOD

Lane 5: WFLY, HEAT

Lane 6: Lost Creek, PFST, Kerrville

Lane 7 : Lone Star, Anderson Mill, Champion

Lane 8: PFST, HEAT, Premier, Hays

**Saturday Afternoon: (Warm-ups start at 2:00 pm –**

*Swimmers will be allowed on deck and can begin warm-ups in the well if the AM session has not completed by 2PM)*

Well and Lane 1: TXLA, UT

Lane 2: AAAA, Belton, Hays

Lane 3: AAAA, Kerrville, Streamline

Lane 4: GOLD, FT HOOD

Lane 5: Lost Creek, AQT

Lane 6: WFLY, PFST, Champion

Lane 7 : Cedar Park, HEAT, New Braunfels

Lane 8: Austin Elite, Lone Star, Anderson Mill

**BLACK TEAM SHIRTS**

**Sunday Morning: (Warm-ups start at 8:00 am )**

Well and Lane 1: TXLA

Lane 2: AAAA

Lane 3: GOLD, Kerrville

Lane 4: Lost Creek, HEAT, Premier

Lane 5: Lone Star, AQT, Hays

Lane 6: WFLY, Champion, New Braunfels, Hays

Lane 7 : Belton, Cedar Park, FT Hood

Lane 8: Anderson Mill, PFST, Austin Elite

**Sunday Afternoon: (Warm-ups start at 1:00 pm)**

Well and Lane 1: TXLA, UT

Lane 2: AAAA, Champion

Lane 3: AAAA, HEAT

Lane 4: GOLD, Anderson Mill

Lane 5: Lost Creek PFST

Lane 6: WFLY, AQT

Lane 7 : Cedar Park, Belton, New Braunfels

Lane 8: Austin Elite, Lone Star, Kerrville, FT Hood, Hays