

**SHORT COURSE WARM UPS 2022**

<b>FRIDAY</b>			
<b>Session 1</b>	<b>Events</b>	<b>Start</b>	<b>Finish</b>
Warm Up 1	Women's Relay Swimmers	16:35	17:00
Warm Up 2	Men's Relay Swimmers	17:00	17:25
Warm Up 3	Women's 1500 Free	17:25	17:50
	Men's 1500 Free		
	Women's 100 IM		
	Men's 100 IM		

<b>SATURDAY</b>			
<b>Session 2A</b>	<b>Events</b>	<b>Start</b>	<b>Finish</b>
Warm Up	4 Fastest Heats	07:20	07:50
<b>Session 2B</b>	<b>Events</b>	<b>Start</b>	<b>Finish</b>
Warm Up 1	Women's 200 Free	08:50	09:15
	Men's 200 Free		
	Women's 50 Back		
Warm Up 2	Men's 50 Back	09:15	09:40
	Women's 50 Breast		
	Men's 50 Breast		
Warm Up 3	Women's 100 Fly	09:40	10:05
	Men's 100 Fly		

<b>Session 3A</b>	<b>Events</b>	<b>Start</b>	<b>Finish</b>
Warm Up	4 Fastest Heats	12:20	12:50
<b>Session 3B</b>	<b>Events</b>	<b>Start</b>	<b>Finish</b>
Warm Up 1	Womens' 200 Back	14:35	15:00
	Men's 200 Back		
	Women's 50 Free		
Warm Up 2	Men's 50 Free	15:00	15:25
	Women's 200 Breast		
	Men's 200 Breast		
Warm Up 3	Men's Relays	15:25	15:50
	Women's Relays		

<b>Session 4 - FINALS</b>	<b>Events</b>	<b>Start</b>	<b>Finish</b>
Warm Up	All Finalists	17:45	18:35

<b>SUNDAY</b>			
<b>Session 5A</b>	<b>Events</b>	<b>Start</b>	<b>Finish</b>
Warm Up	4 Fastest Heats (NB All Men's 200 Fly)	07:20	07:50
<b>Session 5B</b>	<b>Events</b>	<b>Start</b>	<b>Finish</b>
Warm Up 1	Women's 100 Free	09:50	10:15
	Men's 100 Free		
Warm Up 2	Women's 100 Breast	10:15	10:40
	Men's 100 Breast		
	Women's 200 IM		
	Men's 200 IM		
	Women's 50 Fly		
Warm Up 3	Men's 50 Fly	10:40	11:05
	Women's 100 Back		
	Men's 100 Back		
	Women's 400 Free		

<b>Session 6</b>	<b>Events</b>	<b>Start</b>	<b>Finish</b>
Warm Up	All Finalists	14:00	14:50