



2014 FLAG Warm Up Schedule- O'Connell Center, Gainesville



Wednesday, July 16

- 3-4 lanes indoor between 5:00-7:00 PM
- 2 lanes Outdoor between 7:00-8:00 PM

Thursday, July 17

- 6:15 am Lower Gate 3 opens for swimmers, coaches, and officials ONLY
- 8 lanes indoor open warm up between 6:30-7:05 am
- 7:05-7:45 am
 - Indoor
 1. SYS
 2. SYS
 3. BSS
 4. BSS (13), DOLF, HHST
 5. TBAY
 6. TBAY (11), SPAC
 7. T2
 8. T2 (6), NFS, NTCA
 - Outdoor
 1. JCLA
 2. PA
 3. BD
 4. SRQ, CCS
 5. PYP, HIGH, CBS
- 7:45-8:25 am
 - Indoor
 1. GSC, MACG
 2. ATAC, GTSA
 3. SWIM, TCSC
 4. SPA, LOLL
 5. CAT, HTA
 6. STAR, FSLA
 7. EAJ, DBS, YFFC
 8. YCF, AAC
 - Outdoor
 - WFLA, CFM, TCA
 - BW, BERK, TYS
 - GCST, RATS, STAT
 - TPA, SA, SEA, LAS, NOLE, PPST
 - EAST, LRSA, PSA, SC, WIN, CVST, KSA, LWRY, OHHO, Independents
- 8:25-8:50 am
 - Indoor pool, Controlled Warm Up
 - Outdoor Pool, General Warm Up



2014 FLAG Warm Up Schedule- O'Connell Center, Gainesville



Friday, July 18

- University of Florida and GCS in outdoor pool until 7:15 am
- **6:30-7:00 am**, 11 & Over Only
 - Indoor
 - LAS, SC, LRSA, PSA, CVST, NOLE, KSA, SCAT, WVKW, OHHO, PPST, PHFS, SCST, MAC, Independents
 - RATS, YFFC, CBS
 - BW, AAC, SA
 - HIGH, TCSC, CCS
 - DBS, NTCA, LWRY
 - YCF, FSLA
 - HTA, LOLL
 - EAJ, MACG
- **7:00-7:30 am**, 11 & Over Only
 - Indoor
 1. CAT, DOLF
 2. WFLA, TYS
 3. CFM, TPA
 4. SPA, GTSA
 5. PYP, SEA
 6. SRQ, TCA
 7. ATAC, WIN
 8. NFS, HHST
- **7:30-8:00 am**, 11 & Over Only
 - Indoor
 1. BD
 2. SWIM
 3. PA
 4. STAR
 5. T2 (4), STAT, SPAC
 6. T2
 7. TBAY (11), GCST, EAST
 8. TBAY
 - Outdoor
 1. JCLA
 2. BSS (13), BERK
 3. BSS
 4. SYS
 5. SYS
- 8:00-8:25 am, 10 & under Only
 - Indoor
 1. SYS
 2. GCST, KSA, CAT
 3. PA, RATS, AAC
 4. WFLA, DOLF, BD
 5. SWIM, YCF, TYS
 6. TBAY, T2, FSLA
 7. BSS, PYP, SPA
 8. SPAC, HTA, YFFC
 - Outdoor
 1. CFM, JCLA, TCA
 2. GSC, CCS, SRQ
 3. STAR, ATAC, LOLL
 4. BW, EAJ, WIN, CBS, EAST, LWRY, NFS, SEA, TCSC
 5. CVST, DBS, TPA, BRSC, NOLE, LAS, MACG, SCAT, SC, WVKW, Independents
- 8:25-8:50 am
 - Indoor pool, Controlled Warm Up
 - Outdoor Pool, General Warm Up



2014 FLAG Warm Up Schedule- O'Connell Center, Gainesville



Saturday, July 19

- 6:40-7:20 am, 11 & Over Only
 - Indoor
 1. SYS
 2. SYS (21), WIN, LWRY
 3. BSS
 4. BSS (11), BW, TPA
 5. TBAY
 6. TBAY (9), HIGH, DOLF
 7. T2
 8. GSC
 - Outdoor
 1. JCLA, EAST
 2. STAR, HHST
 3. PA, TCA
 4. SWIM, SEA
 5. PYP, FSLA
- 7:20-8:00 am, 11 & Over Only
 - Indoor
 1. BD, TYS
 2. NFS, SPAC
 3. ATAC, MACG
 4. SRQ, LOLL
 5. SPA, NTCA
 6. CFM, TCSC
 7. WFLA, AAC
 8. CAT, BERK
 - Outdoor
 1. EAJ, YFFC, CBS
 2. HTA, GCST, SA
 3. YCF, STAT, CCS
 4. DBS, RATS, GTSA
 5. LAS, SC, LRSA, PSA, CVST, NOLE, KSA, SCAT, WVKW, OHHO, PPST, PHFS, SCST, MAC, Independents
- 8:00-8:25 am, 10 & under Only
 - Indoor
 1. CFM, JCLA, TCA
 2. GSC, CCS, SRQ
 3. STAR, ATAC, LOLL
 4. BW, EAJ, WIN, CBS, EAST, LWRY, NFS, SEA, TCSC
 5. CVST, DBS, TPA, BRSC, NOLE, LAS, MACG, SCAT, SC, WVKW, Independents
 6. SYS
 7. GCST, KSA, CAT
 8. PA, RATS, AAC
 - Outdoor
 1. WFLA, DOLF, BD
 2. SWIM, YCF, TYS
 3. TBAY, T2, FSLA
 4. BSS, PYP, SPA
 5. SPAC, HTA, YFFC
- 8:25-8:50
 - Indoor
 1. Indoor pool, Controlled Warm Up
 2. Outdoor Pool, General Warm Up



2014 FLAG Warm Up Schedule- O'Connell Center, Gainesville



Sunday, July 20

- 6:40-7:20 am, 11 & Under Only
 - Indoor
 1. LAS, SC, LRSA, PSA, CVST, NOLE, KSA, SCAT, WVWKW, OHHO, PPST, PHFS, SCST, MAC, Independents
 2. DBS, RATS, GTSA
 3. YCF, STAT, CCS
 4. HTA, GCST, SA
 5. EAJ, YFFC, CBS
 6. CAT, BERK
 7. WFLA, AAC
 8. CFM, TCSC
 - Outdoor
 1. SPA, NTCA
 2. SRQ, LOLI
 3. ATAC, MACG
 4. NFS, SPAC
 5. BD, TYS
- 7:20-8:00 am, 11 & Over Only
 - Indoor
 1. PYP, FSLA
 2. SWIM, SEA
 3. PA, TCA
 4. STAR, HHST
 5. JCLA, EAST
 6. GSC
 7. TBAY (9), HIGH, DOLF
 8. TBAY
 - Outdoor
 1. T2
 2. BSS (11) BW, TPA
 3. BSS
 4. SYS (21), WIN, LWRY
 5. SYS
- 8:00-8:25 am, 10 & under Only
 - Indoor
 1. WFLA, DOLF, BD
 2. SWIM, YCF, TYS
 3. TBAY, T2, FSLA
 4. BSS, PYP, SPA
 5. SPAC, HTA, YFFC
 6. CFM, JCLA, TCA
 7. GSC, CCS, SRQ
 8. STAR, ATAC, LOLI
 - Outdoor
 1. BW, EAJ, WIN, CBS, EAST, LWRY, NFS, SEA, TCSC
 2. CVST, DBS, TPA, BRSC, NOLE, LAS, MACG, SCAT, SC, WVWKW, Independents
 3. SYS
 4. GCST, KSA, CAT
 5. PA, RATS, AAC
- 8:25-8:50
 - Indoor
 1. Indoor pool, Controlled Warm Up
 2. Outdoor Pool, General Warm Up