

Group A warm up (7:00-7:45):

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|-----------|-------------|-----------|----------------|
| - Lane 1 | Jesuit | - Lane 11 | Tarpon Springs |
| - Lane 2 | Jesuit | - Lane 12 | Tarpon Springs |
| - Lane 3 | Jesuit/HMNS | - Lane 13 | Land O' Lakes |
| - Lane 4 | Holy Names | - Lane 14 | Land O' Lakes |
| - Lane 5 | Holy Names | - Lane 15 | Land O' Lakes |
| - Lane 6 | Robinson | - Lane 16 | Dunedin |
| - Lane 7 | Robinson | - Lane 17 | Dunedin |
| - Lane 8 | Robinson | - Lane 18 | Hudson |
| - Lane 9 | Lakewood | - Lane 19 | Gibbs |
| - Lane 10 | Lakewood | - Lane 20 | Gibbs |

Group B warm up (7:45-8:30):

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|-----------|---------------|-----------|----------------------|
| - Lane 1 | Lecanto | - Lane 11 | Southeast |
| - Lane 2 | Lecanto | - Lane 12 | Bayshore |
| - Lane 3 | Lecanto | - Lane 13 | Citrus |
| - Lane 4 | Crystal River | - Lane 14 | Wesley Chapel |
| - Lane 5 | Crystal River | - Lane 15 | Fivay |
| - Lane 6 | Springstead | - Lane 16 | Nature Coast |
| - Lane 7 | Springstead | - Lane 17 | Spoto/Gulf |
| - Lane 8 | Pasco | - Lane 18 | Hernando/Zephyrhills |
| - Lane 9 | Jefferson | - Lane 19 | RDGW/BOOK/CNBR/WEEW |
| - Lane 10 | Middleton | - Lane 20 | River Ridge |

8:30-8:50 **Open warm up**

8:45 **Coaches' Meeting**

8:50 **Competition pool cleared**

9:00 **Meet Start**