

**2017 NBAC FALL WARM-UP MEET / NOVEMBER 17 – 19, 2017 / @ UMBC**

**FRIDAY NOVEMBER 17, 2017 FRIDAY SESSION WARMUP LANE ASSIGNMENTS:  
WARMUPS: 3:30 PM – 4:20 PM      MEET STARTS: 4:30 PM**

<b><u>MAIN POOL</u></b>	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>	<b><u>LANE 6</u></b>	<b><u>LANE 7</u></b>	<b><u>LANE 8</u></b>
3:30 pm – 3:55 pm	NBAC	NBAC	NBAC	NBAC	LBA	ASC CAC	CBAC FAST	RAC HFY
3:55 pm – 4:20 pm	NBAC	NBAC	NBAC	NBAC	LBA	ASC CAC	CBAC FAST	RAC HFY

<b><u>WELL</u></b>	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>
3:30 pm To End of Session	OPEN	OPEN	OPEN	OPEN	OPEN

**2017 NBAC FALL WARM-UP MEET / NOVEMBER 17 – 19, 2017 / @ UMBC**

**SATURDAY NOVEMBER 18, 2017 AM SESSION WARMUP LANE ASSIGNMENTS:**

**WARMUPS: 7:30 AM – 8:20 AM      MEET STARTS: 8:30 AM**

<b><u>MAIN POOL</u></b>	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>	<b><u>LANE 6</u></b>	<b><u>LANE 7</u></b>	<b><u>LANE 8</u></b>
7:30 am – 7:55 am	NBAC	NBAC	NBAC	LBA	LBA	LBA	RAC	RAC OPST GTAC FMSC
7:55 am – 8:20 am	ASC HAGY	ASC	ASC	FAST	FAST	CAC	HFY	CBAC
<b><u>WELL</u></b>	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>			
7:30 am – 7:55 am	NBAC	NBAC	LBA	LBA	RAC			
7:55 am – 8:20 am	ASC	OPEN	OPEN	OPEN	FAST			
8:20 am To End of Session	OPEN	OPEN	OPEN	OPEN	OPEN			

**2017 NBAC FALL WARM-UP MEET / NOVEMBER 17 – 19, 2017 / @ UMBC**

**SATURDAY NOVEMBER 18, 2017 PM SESSION WARMUP LANE ASSIGNMENTS:**

**WARMUPS: 12:00 NOON – 12:50 PM**

**MEET STARTS: 1:00 PM**

<b><u>MAIN POOL</u></b>	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>	<b><u>LANE 6</u></b>	<b><u>LANE 7</u></b>	<b><u>LANE 8</u></b>
12:00 n – 12:25 pm	NBAC GTAC OPST	NBAC	NBAC	NBAC	NBAC	NBAC	RAC	RAC HFY
12:25 pm – 12:50 pm	ASC CBAC	ASC	ASC	FMSC CAC	FAST	LBA	LBA	LBA HAGY

<b><u>WELL</u></b>	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>
12:00 n – 12:25 pm	NBAC	NBAC	NBAC	NBAC	RAC
12:25 pm – 12:50 pm	ASC	ASC	FMSC CAC	LBA	LBA
12:50 pm To End of Session	OPEN	OPEN	OPEN	OPEN	OPEN

**2017 NBAC FALL WARM-UP MEET / NOVEMBER 17 – 19, 2017 / @ UMBC**

**SATURDAY NOVEMBER 18, 2017 1650 FREE SESSION WARMUP LANE ASSIGNMENTS:**

**WARMUPS: 4:45 PM – 5:20 PM      MEET STARTS: 5:30 PM**

<b><u>MAIN POOL</u></b>	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>	<b><u>LANE 6</u></b>	<b><u>LANE 7</u></b>	<b><u>LANE 8</u></b>
4:45 pm – 5:20 pm	NBAC	NBAC	NBAC	NBAC	NBAC	NBAC	CBAC FAST	HFY LBA CAC

<b><u>WELL</u></b>	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>
4:45 pm To End of Session	OPEN	OPEN	OPEN	OPEN	OPEN

**2017 NBAC FALL WARM-UP MEET / NOVEMBER 17- 19, 2017 / @ UMBC**

**SUNDAY NOVEMBER 19, 2017 AM SESSION WARMUP LANE ASSIGNMENTS:  
WARMUPS: 7:30 AM – 8:20 AM MEET STARTS: 8:30 AM**

	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>	<u>LANE 8</u>
7 :30 am – 7 :55 am	ASC HAGY	ASC	ASC	FAST	FAST	CAC	HFY	CBAC
7:55 am – 8:20 am	NBAC	NBAC	NBAC	LBA	LBA	LBA	RAC	RAC OPST GTAC FMSC
<b><u>WELL</u></b>	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>			
7:30 am – 7:55 am	ASC	ASC	FMSC CAC	LBA	LBA			
7:55 am – 8:20 am	NBAC	NBAC	LBA	LBA	RAC			
8:20 am To End of Session	OPEN	OPEN	OPEN	OPEN	OPEN			

**2017 NBAC FALL WARM-UP MEET / NOVEMBER 17 – 19, 2017 / @ UMBC**

**SUNDAY NOVEMBER 19, 2017 PM SESSION WARMUP LANE ASSIGNMENTS:  
WARMUPS: 12:30 PM – 1:20 PM MEET STARTS: 1:30 PM**

	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>	<b><u>LANE 6</u></b>	<b><u>LANE 7</u></b>	<b><u>LANE 8</u></b>
12:30 pm – 12:55 pm	ASC CBAC	ASC	ASC	FMSC CAC	FAST	LBA	LBA	LBA HAGY
12:55 pm – 1:20 pm	NBAC GTAC OPST	NBAC	NBAC	NBAC	NBAC	NBAC	RAC	RAC HFY
<b><u>WELL</u></b>	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>			
12:30 pm – 12:55 pm	ASC	ASC	ASC	LBA	LBA			
12:55 pm – 1:20 pm	NBAC	NBAC	NBAC	NBAC	RAC			
1:20 pm To End of Session	OPEN	OPEN	OPEN	OPEN	OPEN			