

Session: 1 Friday Evening

Warm-up A 5:00-5:30PM, Warmup B 5:30-6:00PM

Meet Starts at 6:05PM

Team	Lanes
Loveland Swim Club	A 1-8, B 1-2
Cheyenne Mountain Aquatics	B 3-4
Longmont Swim Club	B 5
Laramie Swim Club	B 6
Cheyenne Swim Club	B 7
Salida Cyclones	B 7
Wyoming Waves	B 7
YMCA of Metropolitan Denver Aq	B 8
Greenwood Tiger Sharks	B 8
Pierre Swim Team	B 8

Sessions 2 and 4: Saturday and Sunday Morning

Warmup A 7:30-7:50AM, Warmup B 7:50-8:10AM, Warmup C 8:10-8:30AM

Meet Starts 8:35AM

Team	Lanes
Loveland Swim Club	A 1-8
Longmont Swim Club	B 1-2
Wyoming Waves	B 3-4
Laramie Swim Club	B 5-6
Greenwood Tiger Sharks	B 7-8
Cheyenne Swim Club	C 1-2
Gurgle	C 3
Eaton Red Waves	C 4
YMCA of Metropolitan Denver Aq	C 5
Cheyenne Mountain Aquatics	C 6
Brighton Bullfrogs	C 7
Aces Swim Club	C 7
Valley Swim Team	C 8
Scottsbluff	C 8

Sessions 3 and 5: Saturday and Sunday Afternoon

Warmup A 11:30-11:55AM, Warmup B 11:55-12:20PM, Warmup C 12:20-12:45PM

Meet Starts 12:45PM

Team	Lanes
Loveland Swim Club	A 1-8, B 1-3
Greenwood Tiger Sharks	B 4-5
Cheyenne Mountain Aquatics	B 6-7
Wyoming Waves	B 8
Longmont Swim Club	C 1-2
Pierre Swim Team	C 2
Laramie Swim Club	C 3-4
Salida Cyclones	C 4
Cheyenne Swim Club	C 5
Valley Swim Team	C 5
YMCA of Metropolitan Denver Aq	C 6
Brighton Bullfrogs	C 6
Eaton Red Waves	C 7
Gurgle	C 7
Aces Swim Club	C 8
Scottsbluff	C 8

Session: 6 Sunday Evening 1650 Free

Warmup in Warm Pool

1650 starts directly after Session 5

Approx 4:45PM Start