



# MMSC LAST DANCE WARM-UP SCHEDULE

## FRIDAY PM SESSION

| Time        | Lane 1 | Lane 2    | Lane 3 | Lane 4              | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9     | Lane 10   |
|-------------|--------|-----------|--------|---------------------|--------|--------|--------|--------|------------|-----------|
| 5:00-5:30pm | MMSC   | MMSC      | MAVS   | MAVS                | SWAQ   | FMC    | FMC    | FMC    | FMC        | FMC       |
| 5:30-6:00pm | SWAT   | SWAT/BDSC | WEST   | WEST/<br>J-HK / WAC | COHO   | ACAC   | PX3    | LFSC   | WCS / WDST | RA / DUND |

## SATURDAY AND SUNDAY AM SESSION

| Time        | Lane 1 | Lane 2    | Lane 3 | Lane 4         | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 | Lane 10              |
|-------------|--------|-----------|--------|----------------|--------|--------|--------|--------|--------|----------------------|
| 8:00-8:30AM | MAVS   | MAVS      | DLTA   | WEST           | WEST   | PX3    | DUND   | FMC    | FMC    | FMC                  |
| 8:30-9:00AM | RA     | RA / J-HK | COHO   | COHO /<br>WDST | SWAQ   | SWAQ   | SWAT   | SWAT   | ACAC   | ACAC / LFSC /<br>WAC |

## SATURDAY PM SESSION

| Time        | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7     | Lane 8      | Lane 9    | Lane 10    |
|-------------|--------|--------|--------|--------|--------|--------|------------|-------------|-----------|------------|
| 1:30-2:00pm | MMSC   | MMSC   | MMSC   | SWAT   | SWAT   | BDSC   | BDSC       | FMC         | FMC       | FMC        |
| 2:00-2:30pm | WEST   | SWAQ   | MAVS   | WCS    | ACAC   | LFSC   | PX3 / DUND | COHO / J-HK | RA / WDST | 8 & UNDERS |

## SUNDAY PM SESSION

| Time        | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7     | Lane 8      | Lane 9    | Lane 10    |
|-------------|--------|--------|--------|--------|--------|--------|------------|-------------|-----------|------------|
| 1:30-2:00pm | MMSC   | MMSC   | MMSC   | SWAT   | SWAT   | MAVS   | MAVS       | FMC         | FMC       | FMC        |
| 2:00-2:30pm | WEST   | SWAQ   | BDSC   | WCS    | ACAC   | LFSC   | PX3 / DUND | COHO / J-HK | RA / WDST | 8 & UNDERS |