

**Warmup Schedule – AAU Junior Olympics Swim Meet**  
**Session 9 Warm-ups**

**Friday Assignments - Warm-ups 12:00 PM**  
**Competition Pool**

- 1) STARS, AESC, UNGA
- 2) STARS, MO-CN, VA-CG
- 3) BAC, AQST, UAYST
- 4) AFSA, DDST, GA-CH
- 5) ECS, UDDST, IL-CF, KS-CO
- 6) AZ-CZ, TSD, LSO, M-CMF
- 7) GATR, MI-CK, MO-CT
- 8) GATR, NC-CH, TN-CE

**Friday Assignments - Warm-ups 12:00 PM**  
**Outdoor Pool**

- 1) Open to Meet Swimmers
- 2) Open to Meet Swimmers
- 3) Open to Meet Swimmers
- 4) Open to Meet Swimmers
- 5) Open to Meet Swimmers
- 6) Open to Meet Swimmers
- 7) Open to Meet Swimmers
- 8) Open to Meet Swimmers

**Friday Assignments - Warm-ups 12:25 PM**  
**Competition Pool**

- 1) CP-LA, AR-CD
- 2) CP-LA, AR-CS
- 3) CP-LA, AR-CW
- 4) AR-CJ, UA-NC
- 5) TM-AR
- 6) TM-AR
- 7) TM-AR
- 8) TM-AR

**Friday Assignments - Warm-ups 12:25 PM**  
**Outdoor Pool**

- 1) Late Comers 1<sup>st</sup> Warm-ups
- 2) Late Comers 1<sup>st</sup> Warm-ups
- 3) Late Comers 1<sup>st</sup> Warm-ups
- 4) Late Comers 1<sup>st</sup> Warm-ups
- 5) Late Comers 1<sup>st</sup> Warm-ups
- 6) Late Comers 1<sup>st</sup> Warm-ups
- 7) Late Comers 1<sup>st</sup> Warm-ups
- 8) Late Comers 1<sup>st</sup> Warm-ups

**Teams in this session**

- 1) AESC: Aqua Eagle Swim Club
- 2) AFSA: Arabian Falcons
- 3) AQST Aquastorm
- 4) AR-CD Arkansas - Coach Drake
- 5) AR-CJ Arkansas - Coach Jarrett
- 6) AR-CS Arkansas - Coach Sonnier
- 7) AR-CW Arkansas - Coach Wilson
- 8) AZ-CZ Arizona - Coach Zemaitis
- 9) BAC Bulldog Aquatics Club
- 10) CP-LA Club Ponchartrain
- 11) DDST Dothan Dolphins
- 12) ECS Emerald Coast Swimming
- 13) GA-CH Georgia - Coach Harris
- 14) GATR Gator Swim Team
- 15) IL-CF Illinois - Coach Fetterman
- 16) KS-CO Kansas - Coach Odermann
- 17) LSO Lansing Swim Organization
- 18) M-CMF Missouri - Coach M. Fraser
- 19) MI-CK Mo.-IL - Coach King
- 20) MO-CN Missouri - Coach Norwood
- 21) MO-CT Missouri - Coach Thurman
- 22) NC-CH N. Carolina Coach Hayes
- 23) STARS South Texas All Region Swimmer
- 24) TM-AR Team Arkansas
- 26) TSD Team South Dakota
- 27) UA-NC Unattached Alabma-No Coach
- 28) UAYST Unattached AYST
- 29) UDDST Unattached Douglas Destroyer
- 30) UNGA Unattached - GA
- 31) VA-CG Virginia - Coach Grissom

25) TN-CE Tennessee - Coach Evans