

**2022 LC Junior Olympic Warm Up July 21-24**

**Thursday** - General Warmup 4-4:55pm Meet starts at 5pm

**Friday, Saturday, Sunday Prelims**

**13 & Over Warm Up**

Friday and Sunday at 6:50AM and Saturday at 7:25AM

PRA, PTSC, RESY, SPY, SVSC, SRST, STEEL, PEAQ, 3RVS, UPEAQ, UNA, UNDAC, UINDY

Friday and Sunday 7:25AM and Saturday 6:50AM

ANSC, BPR, BRY, BYAC, CSC, EFSC, KW, UNKW, FAST, GJY, GPAC, GCY, HD, JCCS, MIST, UNMIST, MMSA, MLAC, MPAC, NHA, NGAC, NAC, PTAC, RXA, RGSY

**12 & Under Warm Up** – all teams

Friday, Saturday, Sunday 8:00-8:25am

**Meet Starts 8:30am**

**Friday, Saturday, Sunday Finals** General Warm up 4-4:55pm **Meet Starts at 5pm**

Note- this warmup is subject to change