

Gabrielle Rose Warm-up Assignments

| General Warm-up | 1st Warm-up | 2nd Warm-up | 1st Warm-up | 2nd Warm-up | FINALS Warm-up |
|-----------------|----------------|----------------|----------------|----------------|-------------------|
| 5:00-5:45 p.m. | 6:30-7:10 a.m. | 7:15-7:50 a.m. | 6:30-7:10 a.m. | 7:15-7:50 a.m. | 4:00 p.m. |
| Friday evening | Saturday | Saturday | Sunday | Sunday | Saturday & Sunday |

East Pool

| | | | | | | |
|------------------|---------------|------|----------|-------|-----------------|---------------|
| Lane 10 | MTS | MTS | BXST | MTS | HSC/FINS | Open Warm-ups |
| Lane 9 | MTS | MTS | BXST | MTS | HSC | |
| Lane 8 | MTS | MTS | BXST | MTS | HSC | |
| Lane 7 | MTS | MTS | BXST | MTS | HSC | |
| Lane 6 | MTS | MTS | BXST | MTS | HSC | |
| Lane 5 | DOVA | MTS | COLA | MTS | MCAL | |
| Lane 4 | MTAC | MTS | COLA | MTS | MCAL | |
| Lane 3 | MTAC | MTS | COLA | MTS | SHRK/Unattached | |
| Lane 2 | MTAC | MTS | COLA | MTS | JETS | |
| Lane 1 | MTAC | MTS | JETS | MTS | DOVA | |
| Warm down lane | SHRK/UN/CSWIM | DOVA | SHRK/UN | COLA | DOVA | |
| West Pool | | | | | | |
| Warm down lane | BXST | DOVA | HSC/FINS | COLA | MTSC | |
| Lane 10 | BXST | GST | HSC | COLA | GST | |
| Lane 9 | COLA | GST | HSC | COLA | GST | |
| Lane 8 | COLA | GST | HSC | CSWIM | GST | |
| Lane 7 | COLA | MTAC | HSC | CSWIM | MTAC | |
| Lane 6 | GST | MTAC | MCAL | CSWIM | MTAC | |
| Lane 5 | HSC/FINS | MTAC | MCAL | BXST | MTAC | |
| Lane 4 | HSC | MTAC | MTSC | BXST | MTAC | |
| Lane 3 | HSC | MTAC | CSWIM | BXST | MTAC | |
| Lane 2 | MCAL | MTAC | CSWIM | BXST | MTAC | |
| Lane 1 | MCAL | MTAC | CSWIM | BXST | MTAC | |