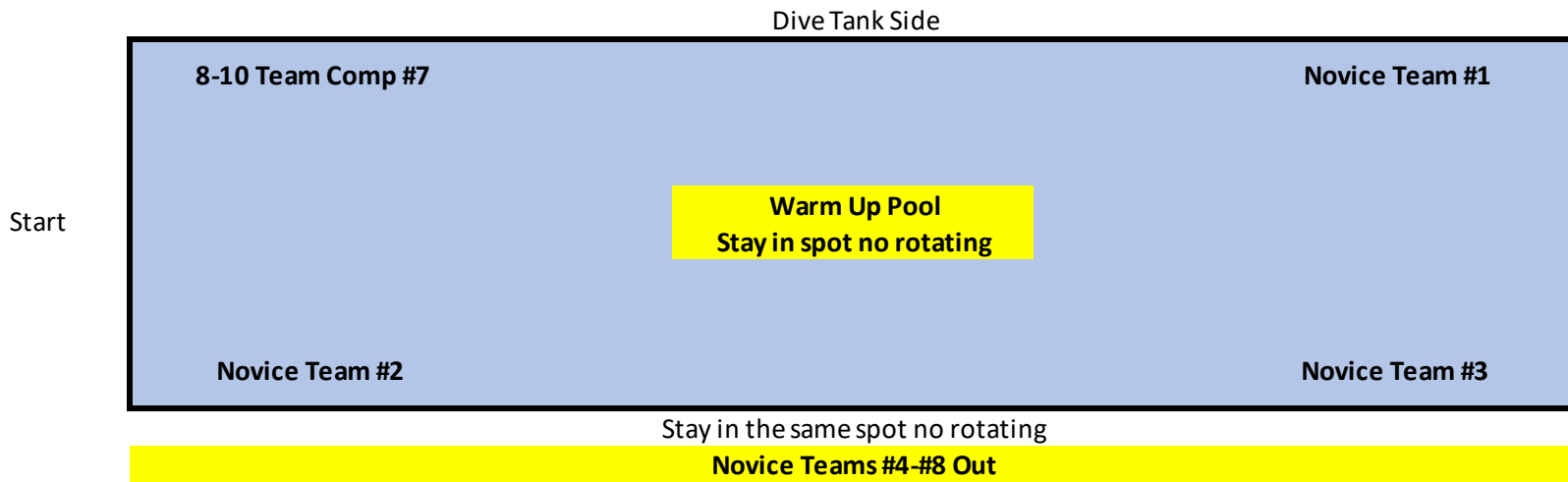
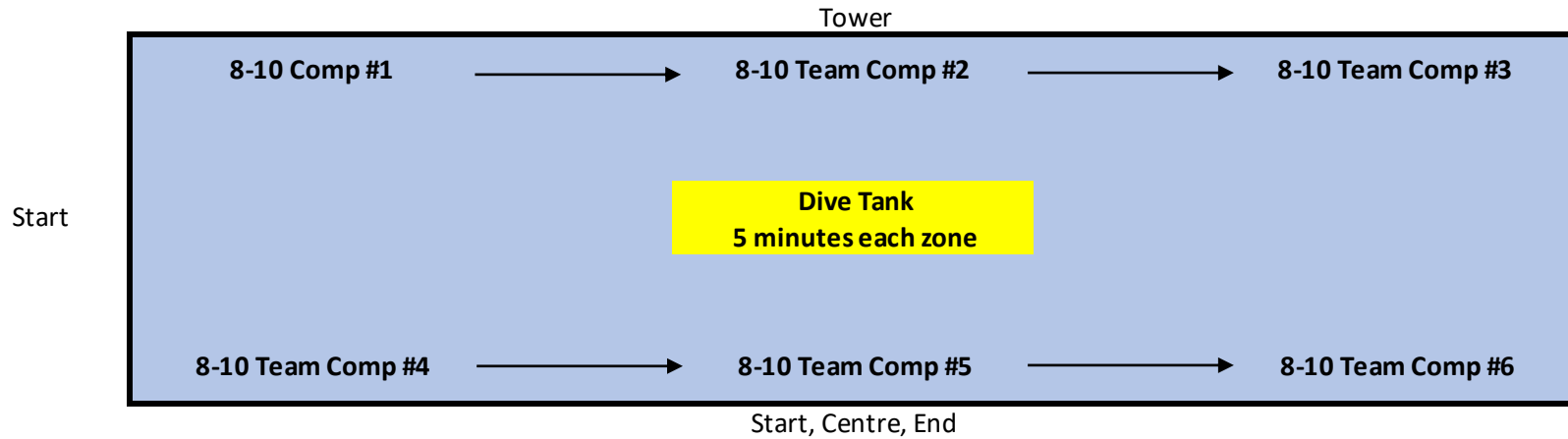




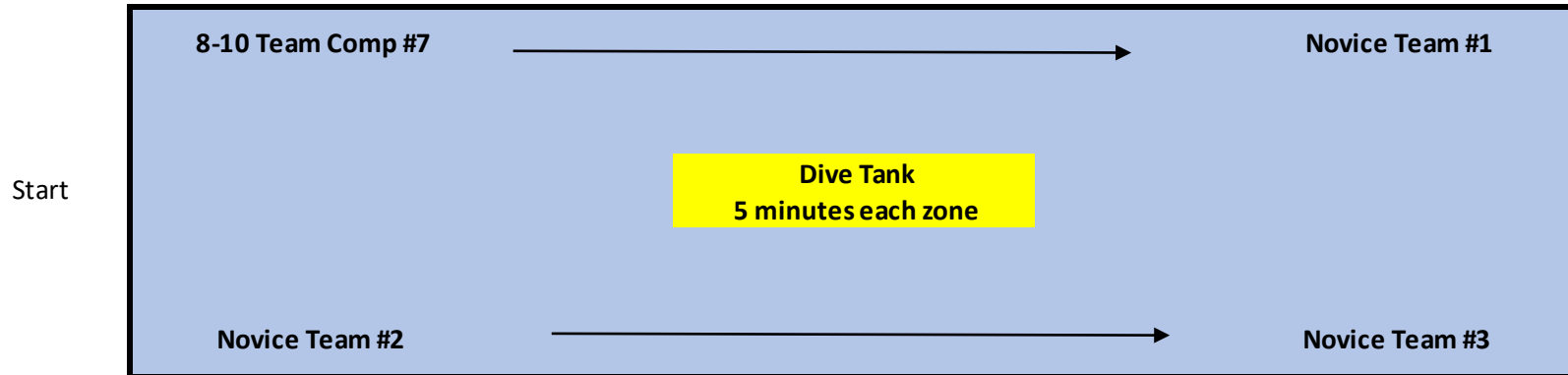
**8-10 & Novice Team Warm Up**  
**Sunday February 25, 2024**  
**12:15 - 12:30pm**





**8-10 & Novice Team Warm Up**  
**Sunday February 25, 2024**  
**12:30 - 12:45pm**

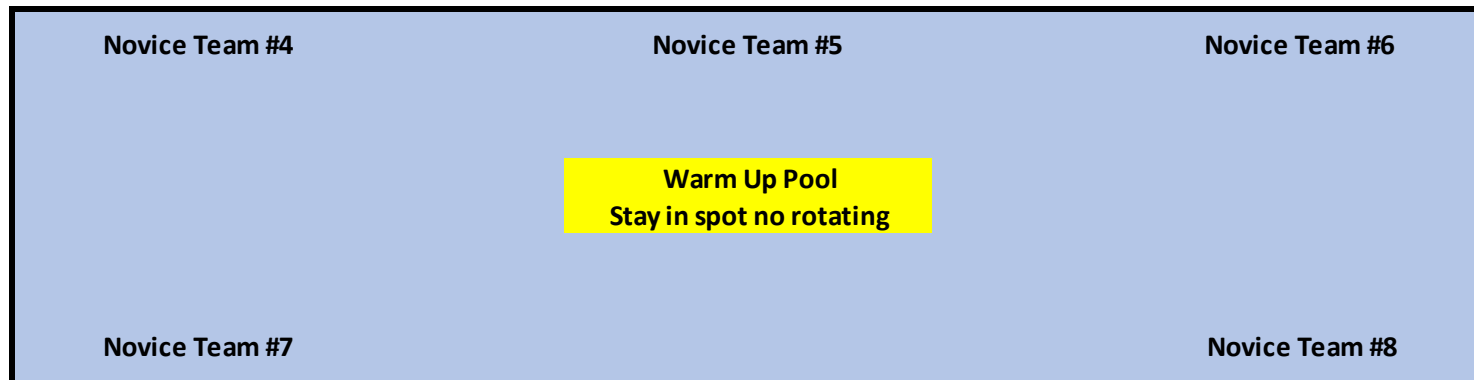
Tower Side



Start, Centre, End

Only those in the deckwork area get to do dive ins

Dive Tank Side



Stay in the same spot no rotating

**8-10 Teams #1-#6 Out**



**8-10 & Novice Team Warm Up**  
**Sunday February 25, 2024**  
**12:45 - 1:00pm**

Tower Side

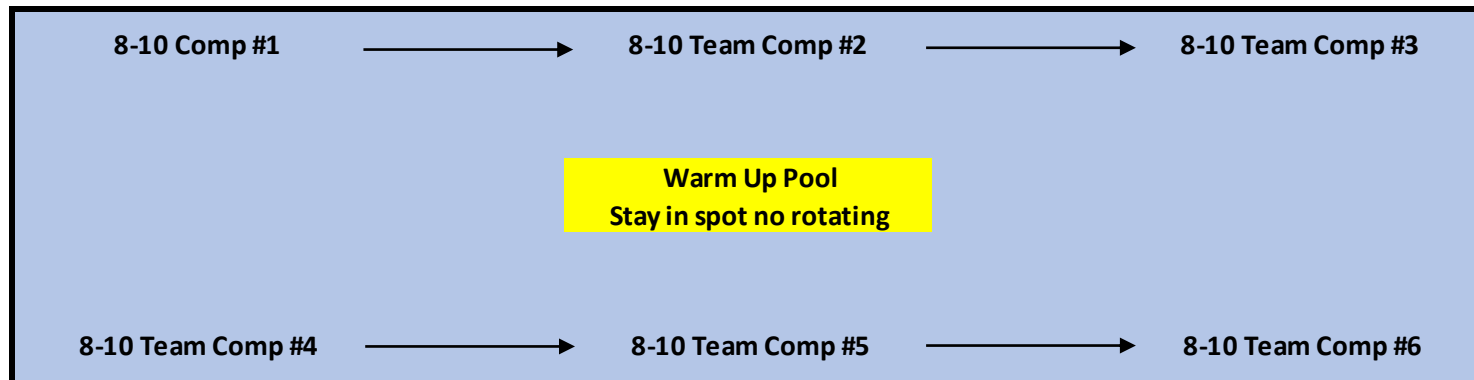
Start



Start, Centre, End

Only those in the deckwork area get to do dive ins

Dive Tank Side

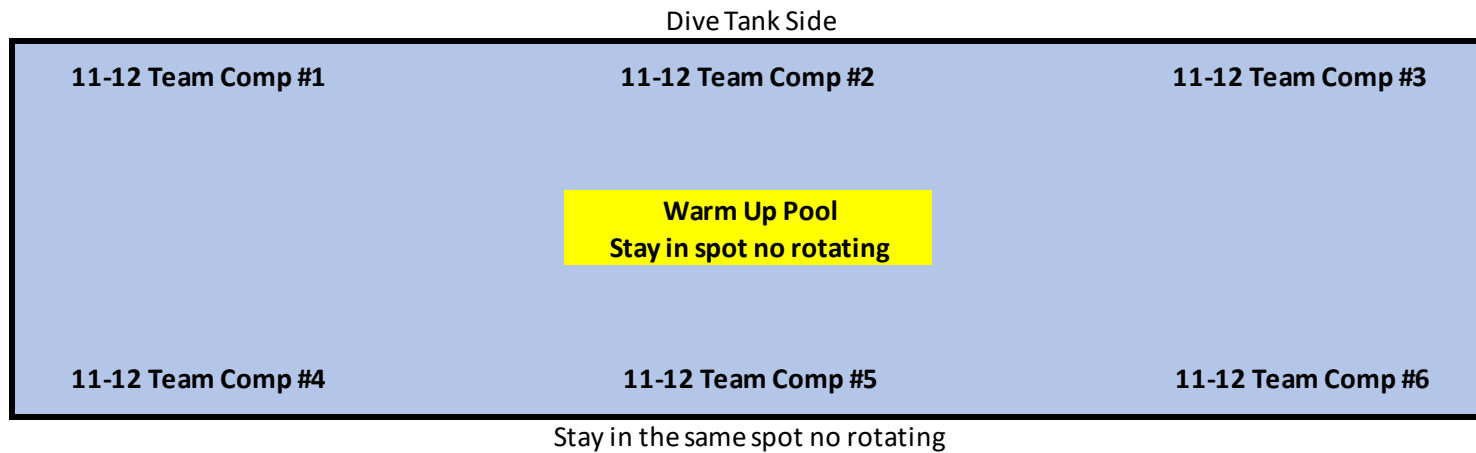
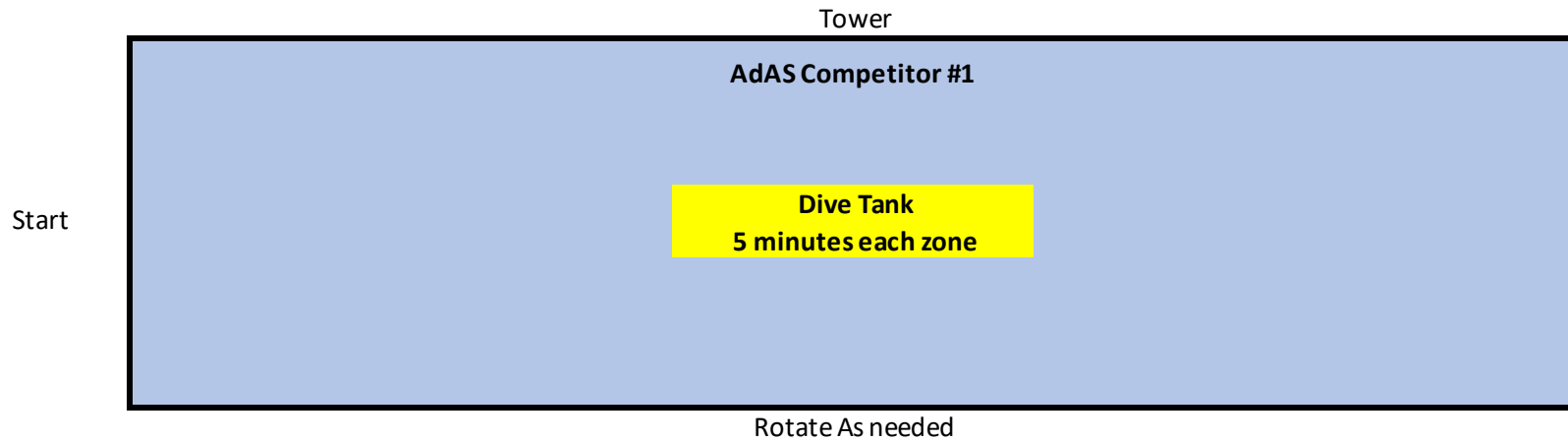


Stay in the same spot no rotating

**8-10 Teams #7 & Novice #1-3 Out**



**AdAS Team & 11-12 Teams**  
**Feb. 25, 2024**  
**2:30 - 2:45pm**





Lane Rope Side

**AdAS Team & 11-12 Teams**

**Feb. 25, 2024**

**2:30 - 2:45pm**

Tower Side



Start, Centre, End

Only those in the deckwork area get to do dive ins

Dive Tank Side



Stay in the same spot no rotating

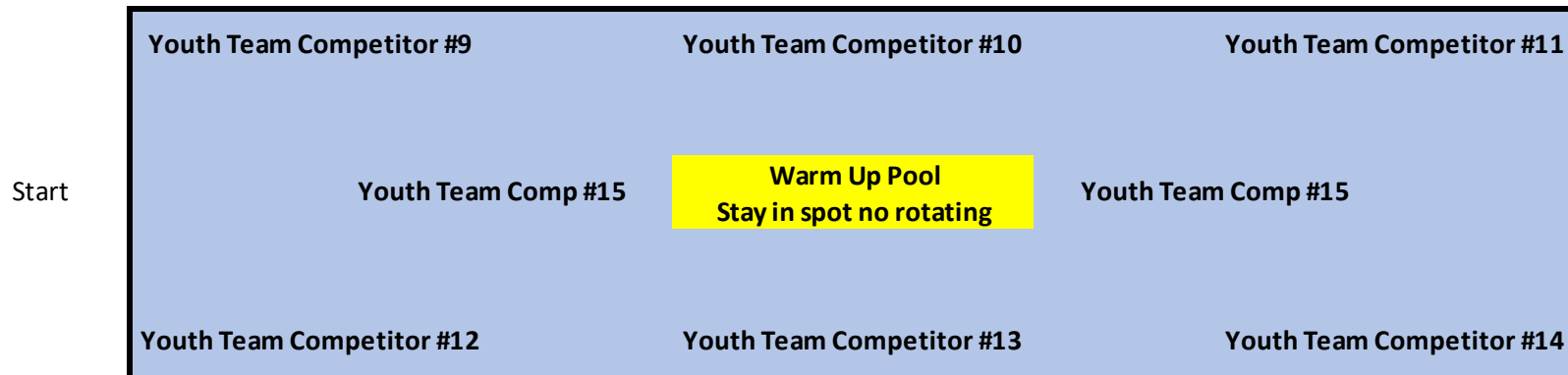


**Youth Team Warm Up**  
**Feb. 25, 2024**  
**4:00 - 4:15pm**

Tower



Start, Centre, End  
Only those in the deckwork area get to do dive ins  
Audience Side



Stay in the same spot no rotating

Audience Side



**Youth Team Warm Up**  
**Feb. 25, 2024**  
**4:15 - 4:30pm**

Tower Side

Start



Start, Centre, End

Only those in the deckwork area get to do dive ins

Audience Side



Stay in the same spot no rotating

Audience Side



## Junior Free Team & Senior Free Team Warm Up

Feb. 25, 2024

5:50 - 6:10pm

Start



Start, Centre, End

Only those in the deckwork area get to do dive ins

Audience Side