

**2010 SFF All American Meet Warm-up session and Lane Assignments**

First warm-up 0700	Second warm-up 0720	Third Warm-up 740
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	1	SFF	Mason	MHSW
	2	SFF	Mason	MHSW
	3	SFF	Mason	MHSW
	4	SFF	Mason	KAC
	5	Mast	Mason	KAC/PCY
	6	Mast	KCT/Mason	PCY