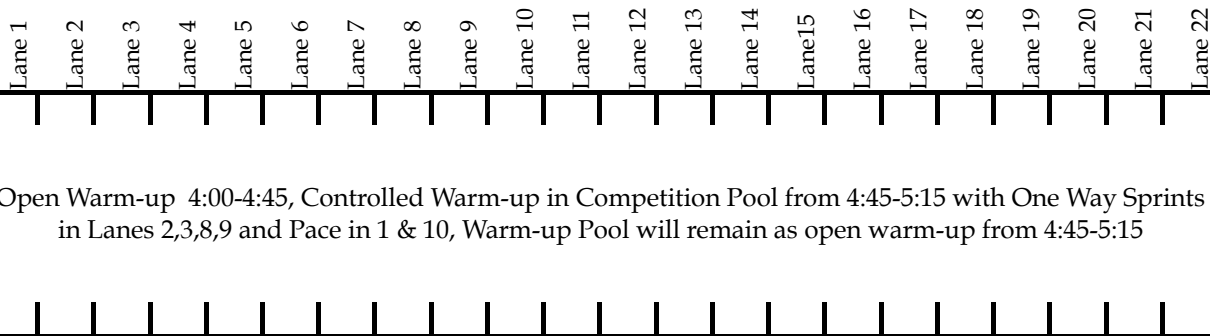


SportsMed Groundhog Invitational

Warm-Up Lane Assignments

Friday

DIVING BOARDS



Friday Afternoon
WARMUP
5:15 PM
Starts at 5:30 PM
4:00 Meet

SportsMed Groundhog Invitational

Warm-Up Lane Assignments

Saturday

Saturday AM
7:15-8:15 AM
Session Starts at 8:30 AM

Lane 1	HSA
Lane 2	HSA
Lane 3	HSA
Lane 4	HSA
Lane 5	HSA
Lane 6	HSA
Lane 7	YBD, ABST
Lane 8	BAY
Lane 9	BAY
Lane 10	CSA
Lane 11	RRST, TSC
Lane 12	GYSS, NASA
Lane 13	SSA, JST
Lane 14	AMSD, MMST
Lane 15	MVA, YBD
Lane 16	XCEL
Lane 17	PACK
Lane 18	MSA
Lane 19	MSA
Lane 20	MSA
Lane 21	MSA
Lane 22	MSA

DIVING BOARDS

Saturday Afternoon
11:30 AM-12:15 PM
Session Starts at 12:30 PM

Lane 1	Open Warm-up 11:30-12:00, Controlled Warm-up in Competition Pool from 12:00-12:15 with One Way Sprints in Lanes 2,3,8,9 and Pace in 1 & 10, Warm-up Pool will remain as open warm-up from 12:00-12:15
Lane 2	
Lane 3	
Lane 4	
Lane 5	
Lane 6	
Lane 7	
Lane 8	
Lane 9	
Lane 10	
Lane 11	
Lane 12	
Lane 13	
Lane 14	
Lane 15	
Lane 16	
Lane 17	
Lane 18	
Lane 19	
Lane 20	
Lane 21	
Lane 22	

DIVING BOARDS

HSA Fran Norris Invitational 2011

Warm-Up Lane Assignments

Sunday

Sunday Morning
 WARMUP
 7:15-8:15 AM
 Meet Starts at 8:30 AM

Lane 1	HSA
Lane 2	HSA
Lane 3	HSA
Lane 4	HSA
Lane 5	HSA
Lane 6	HSA
Lane 7	RCAC, ABST, PSL
Lane 8	BAY
Lane 9	BAY
Lane 10	CSA
Lane 11	CSA
Lane 12	RRST, NASA
Lane 13	SSA, JST
Lane 14	MVA, AMSD
Lane 15	XCEL
Lane 16	PACK
Lane 17	PACK
Lane 18	MSA
Lane 19	MSA
Lane 20	MSA
Lane 21	MSA
Lane 22	MSA

DIVING BOARDS

Sunday Afternoon
 11:30 AM-12:15 PM
 Meet Starts at 12:30 PM

Lane 1	Open Warm-up 11:30-12:00, Controlled Warm-up in Competition Pool from 12:00-12:15 with One Way Sprints in Lanes 2,3,8,9 and Pace in 1 & 10, Warm-up Pool will remain as open warm-up from 12:00-12:15
Lane 2	
Lane 3	
Lane 4	
Lane 5	
Lane 6	
Lane 7	
Lane 8	
Lane 9	
Lane 10	
Lane 11	
Lane 12	
Lane 13	
Lane 14	
Lane 15	
Lane 16	
Lane 17	
Lane 18	
Lane 19	
Lane 20	
Lane 21	
Lane 22	

DIVING BOARDS