

Warm-Up Lane Assignments

Friday PM, Sat AM, Sun AM - Teams are assigned lanes and times for the first 50 minutes (2-25 minute time periods) the final 20 minutes will be circle swim, push pace and sprint lanes designated as need.

Saturday PM and Sunday PM Warm-ups will start 30 minutes after AM Session ends, and will be 50 minutes long. First 30 minutes will be open- general warm-up. Final 20 minutes, lanes 2-6 will be sprint lanes. Lanes 1 and 8 will be circle swim.

| Friday – 3:00PM | Friday – 3:25PM |
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| Lane 1: ASC, BAT, BPSC, CAST, FCY, GBSC Lane 2: BAC Lane 3: DFAC, HSSB Lane 4: ECY, FSC, WAVE, GYST, GBY, J-HK, LAXY Lane 5: EBSC, MEYO Lane 6: LAKE Lane 7: LAKE, FAST Lane 8: BST, MWY, MSS | Lane 1: SWAT Lane 2: OSHY, OZ Lane 3: WEST Lane 4: MFSC, SHEB, SHOR, TIDE Lane 5: WOW, WRAT Lane 6: MM, NBSC, NEAT, OCSC, RCSC, SCSC, WBSC Lane 7: SCST, SEAY, TOSA, VAC, LOO, WAM, WASP, OCON Lane 8: SSTY |
| Saturday – 8:30AM | Saturday – 8:55AM |
| Lane 1: ASC, BAT, BPSC, CAST, FCY, GBSC Lane 2: BAC Lane 3: DFAC, HSSB Lane 4: ECY, FSC, WAVE, GYST, GBY, J-HK, LAXY Lane 5: EBSC, MEYO Lane 6: LAKE Lane 7: LAKE, FAST Lane 8: BST, MWY, MSS | Lane 1: SWAT Lane 2: OSHY, OZ Lane 3: WEST Lane 4: MFSC, SHEB, SHOR, TIDE Lane 5: WOW, WRAT Lane 6: MM, NBSC, NEAT, OCSC, RCSC, SCSC, WBSC Lane 7: SCST, SEAY, TOSA, VAC, LOO, WAM, WASP, OCON Lane 8: SSTY |
| Sunday – 8:30AM | Sunday – 8:55AM |
| Lane 1: SWAT Lane 2: OSHY, OZ Lane 3: WEST Lane 4: MFSC, SHEB, SHOR, TIDE Lane 5: WOW, WRAT Lane 6: MM, NBSC, NEAT, OCSC, RCSC, SCSC, WBSC Lane 7: SCST, SEAY, TOSA, VAC, LOO, WAM, WASP, OCON Lane 8: SSTY | Lane 1: ASC, BAT, BPSC, CAST, FCY, GBSC Lane 2: BAC Lane 3: DFAC, HSSB Lane 4: ECY, FSC, WAVE, GYST, GBY, J-HK, LAXY Lane 5: EBSC, MEYO Lane 6: LAKE Lane 7: LAKE, FAST Lane 8: BST, MWY, MSS |