

2015 Championship Meet Warm-Up Assignments

- Swimmers must enter the water feet first, with at least one hand in contact with the wall during all pool entries other than racing starts.
- The competition pool is 3.5 feet deep at start - coaches are warned to have deep divers jump off of side to avoid injury.
- Lanes are one-way only during practicing of racing starts.
- Swimmers must refrain from hanging on lane ropes during warm-ups; clubs will be responsible for damages to lane ropes during warm-up sessions.

Session #1 – Friday, July 24, 2015 – AM

Lane Assignment – Shallow End			Lane Assignment – Deep End		
7:15-7:35 AM	7:35-7:55 AM	7:55-8:15 AM	7:15-7:35 AM	7:35-7:55 AM	7:55-8:15 AM
1 OPEN	OPEN	OPEN	1 OPEN	ASC	OPEN
2 OPEN	OPEN	OPEN	2 OSRC	CCM	SAY
3 SHSC	WMSC	LFST	3 OSRC	CCM	HLCC
4 SHSC	WMSC	LFST	4 OSRC	CCM	ALPIN
5 SHSC	WMSC	LFST	5 OSRC	CGST	JACK
6 SHSC	WMSC	LFST	6 WSC	CGST	BSCC

Session #2 – Friday, July 24, 2015 – PM

Lane Assignment – Shallow End			Lane Assignment – Deep End		
12:15-12:35 PM	12:35-12:55 PM	12:55-1:15 PM	12:15-12:35 PM	12:35-12:55 PM	12:55-1:15 PM
1 OPEN	OPEN	OPEN	1 OPEN	OPEN	OPEN
2 OPEN	OPEN	OPEN	2 LFST	SHSC	WMSC
3 WSC	OSRC	ASC	3 LFST	SHSC	WMSC
4 ALPIN	OSRC	ASC	4 LFST	HLCC	WMSC
5 CCM	OSRC	SAY	5 LFST	HLCC	WMSC
6 CCM	OSRC	SAY	6 JACK	BSCC	CGST

Session #3 – Saturday, July 25, 2015 – AM

Lane Assignment – Shallow End			Lane Assignment – Deep End		
7:15-7:35 AM	7:35-7:55 AM	7:55-8:15 AM	7:15-7:35 AM	7:35-7:55 AM	7:55-8:15 AM
1 OPEN	OPEN	OPEN	1 OPEN	OPEN	OPEN
2 SAY	OSRC	ASC	2 LFST	SHSC	WMSC
3 JACK	OSRC	CCM	3 LFST	SHSC	WMSC
4 HLCC	OSRC	CCM	4 LFST	SHSC	WMSC
5 ALPIN	WSC	CGST	5 LFST	SHSC	WMSC
6 BSCC	WSC	CGST	6 LFST	SHSC	WMSC

Session #4 – Saturday, July 25, 2015 – PM

Lane Assignment – Shallow End			Lane Assignment – Deep End		
11:15-11:35 AM	11:35-11:55 AM	11:55-12:15 PM	11:15-11:35 AM	11:35-11:55 AM	11:55-12:15 PM
1 OPEN	OPEN	OPEN	1 OPEN	OPEN	OPEN
2 WMSC	LFST	OPEN	2 ASC	WSC	OSRC
3 WMSC	LFST	SHSC	3 ASC	CCM	OSRC
4 WMSC	LFST	SHSC	4 SAY	CCM	OSRC
5 WMSC	LFST	SHSC	5 SAY	ALPIN	OSRC
6 WMSC	LFST	HLCC	6 CGST	JACK	BSCC

