

NW Divisional General Warm Up Assignments

Saturday 10 & U Session

Session 1 – 12:30-12:50 pm

| | |
|--------|-----------|
| Lane 8 | HHSC |
| Lane 7 | LCB |
| Lane 6 | LCB |
| Lane 5 | MSC / LCB |
| Lane 4 | MSC |
| Lane 3 | MSC |
| Lane 2 | CPSC |
| Lane 1 | CPSC |

Session 2 – 12:50-1:10 pm

| | |
|--------|-------------|
| Lane 8 | DUNE |
| Lane 7 | DUNE |
| Lane 6 | VSC |
| Lane 5 | VSC |
| Lane 4 | MCPS |
| Lane 3 | HSC |
| Lane 2 | UTSC / PPSC |
| Lane 1 | LDSC / TWSC |

POOL CLOSES AT 1:10 PM

Meet starts at 1:15 PM

Saturday PM 11 & Over Timed Finals

Session 1 = 3:15- 3:45 pm

| | |
|--------|------------|
| Lane 8 | HHSC |
| Lane 7 | LCB / HHSC |
| Lane 6 | LCB |
| Lane 5 | MSC |
| Lane 4 | MSC |
| Lane 3 | MSC / CPSC |
| Lane 2 | CPSC |
| Lane 1 | CPSC |

Session 2 = 3:45 - 4:15 pm

| | |
|--------|-------------|
| Lane 8 | DUNE |
| Lane 7 | DUNE |
| Lane 6 | VSC |
| Lane 5 | VSC |
| Lane 4 | LDSC / UTSC |
| Lane 3 | HOT |
| Lane 2 | PPSC / MCPS |
| Lane 1 | HSC / TWSC |

POOL CLOSES AT 4:15 PM

Meet starts at 4:30 PM

NW Divisional General Warm Up Assignments

Sunday AM 11 & Over Timed Finals

Session 1 = 7:15- 7:45 am

| | |
|--------|-------------|
| Lane 8 | LCB |
| Lane 7 | LCB |
| Lane 6 | MSC |
| Lane 5 | MSC |
| Lane 4 | HHSC |
| Lane 3 | CPSC / HHSC |
| Lane 2 | CPSC |
| Lane 1 | CPSC |

Session 2 = 7:45 - 8:15 am

| | |
|--------|-------------------|
| Lane 8 | DUNE |
| Lane 7 | DUNE |
| Lane 6 | MCPS / DUNE |
| Lane 5 | VSC |
| Lane 4 | VSC |
| Lane 3 | UTSC / PPSC |
| Lane 2 | HOT |
| Lane 1 | LDSC / HSC / TWSC |

POOL CLOSES AT 8:15 AM

Meet starts at 8:30 AM

Sunday 10 & U Session

Session 1 – 12:45-1:05 pm

| | |
|--------|------|
| Lane 8 | LCB |
| Lane 7 | LCB |
| Lane 6 | LCB |
| Lane 5 | HHSC |
| Lane 4 | MSC |
| Lane 3 | MSC |
| Lane 2 | CPSC |
| Lane 1 | CPSC |

Session 2 – 1:05-1:25 pm

| | |
|--------|--------------------|
| Lane 8 | DUNE |
| Lane 7 | DUNE |
| Lane 6 | TWSC / DUNE |
| Lane 5 | VSC |
| Lane 4 | VSC |
| Lane 3 | HSC |
| Lane 2 | MCPS |
| Lane 1 | TWSC / UTSC / PPSC |

POOL CLOSES AT 1:25 PM

Meet starts at 1:30 PM

NW Divisional General Warm Up Assignments

Sunday PM ALL Age Groups Timed Finals

Session 1 - 3:15-3:45 pm

You may do starts in your lane. If splitting a lane, please be courteous of the other teams.

| | |
|--------|-------------|
| Lane 8 | HHSC / LDSC |
| Lane 7 | HHSC |
| Lane 6 | LCB |
| Lane 5 | LCB |
| Lane 4 | MSC |
| Lane 3 | MSC |
| Lane 2 | CPSC |
| Lane 1 | CPSC |

Session 2 - 3:45-4:15 pm

You may do starts in your lane. If splitting a lane, please be courteous of the other teams.

| | |
|--------|-------------|
| Lane 8 | DUNE |
| Lane 7 | DUNE |
| Lane 6 | VSC |
| Lane 5 | VSC |
| Lane 4 | UTSC |
| Lane 3 | HOT |
| Lane 2 | PPSC / TWSC |
| Lane 1 | HSC / MCPS |

POOL CLOSSES AT 4:15 PM

Meet starts at 4:30 PM

Diving Well will be open for each team during their assigned warm up sessions and in their assigned warm up lanes (i.e., if you are in lane 4 in the main competition pool, you may also use the diving well's lane 4).

Blocks should **NOT** be used in the diving well.

A team coach must be supervising your team in the diving well, also, if you choose to use it.