

Warm-up Assignments for DCST Pilgrim Plunge

AM Sessions (Saturday & Sunday)

	<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
Session 1 (7:00 - 7:25 AM)	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST
Session 2 (7:25 - 7:50 AM)	RMSC	RMSC	RMSC	ORCA	ORCA	ORCA	DIXN	DIXN / UNAT

PM Sessions (Saturday & Sunday)

	<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
Session 1 (11:00 - 11:25 AM)	DCST	DCST	DCST	DCST	DCST	DCST	DCST	DCST
Session 2 (11:25 - 11:50 AM)	RMSC	RMSC	RMSC	BTS	BTS	BTS	ORCA	ORCA