

Warm-Up Assignments
HSC Fall Invite 19

Fri. PM Session: 5:00-5:25pm

Lane 1 HSC
Lane 2 HSC
Lane 3 HSC
Lane 4 HSC
Lane 5 HSC
Lane 6 LPD/LIFE

Fri. PM Session: 5:25-5:50pm

Lane 1 LYON
Lane 2 LYON
Lane 3 LYON
Lane 4 LYON
Lane 5 JPD
Lane 6 LSF

Sat. Sun AM Session : 7:00-7:25am

Lane 1 HSC
Lane 2 HSC
Lane 3 HSC
Lane 4 HSC
Lane 5 JPD
Lane 6 LSF/LPD

Sat. Sun AM Session : 7:25-7:50am

Lane 1 LYON
Lane 2 LYON
Lane 3 LYON
Lane 4 LYON
Lane 5 LIFE
Lane 6 LIFE

Sat. Sun PM Session : 12:00-12:25pm

Lane 1 HSC
Lane 2 HSC
Lane 3 HSC
Lane 4 HSC
Lane 5 JPD
Lane 6 LSF/LPD

Sat. Sun AM Session : 12:25-12:50pm

Lane 1 LYON
Lane 2 LYON
Lane 3 LYON
Lane 4 LYON
Lane 5 LIFE
Lane 6 LIFE

Sat. PM Distance Session 5:00-5:10pm

Open Warm Up