

2023 Illinois Swimming Regionals

AM Session Warmups at Hinsdale Central High School

		Sessions 2 & 4 - Saturday & Sunday AM 10 & U, 12 & U	
		7:00 -7:25 AM	7:25-7:50 AM
Lane 1		HSC	CPD/TSSC/MANN
Lane 2		HSC	CPD
Lane 3		HSC	LYON
Lane 4		YWFF/TSSC	LYON
Lane 5		NEPT/SSC	LYON
Lane 6		FMC	WILD
Lane 7		FMC	WILD
Lane 8		FMC	MYST/WSO
Lane 9		FMC	SWAQ
Lane 10		IGSC	Y2K
Lane 11		FMC	WILD
Lane 12		FMC	WILD
Lane 13		HSC	CPD
Lane 14		HSC	OPEN
Lane 15		NEPT/SSC	OPEN

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PM Session Warmups at Hinsdale Central High School

		Sessions 3 & 5 - Saturday & Sunday PM 14 & U, Open		
		11:40 AM-12:05 PM	12:05-12:30 PM	12:30-12:55 PM
Lane 1		FMC	FMC	IGSC
Lane 2		FMC	FMC	MYST
Lane 3		FMC	LYON	NEPT
Lane 4		FMC	LYON	SSC
Lane 5		WSO	LYON	SWAQ
Lane 6		WSO	LYON	SWAQ
Lane 7		HSC	HSC	Y2K
Lane 8		HSC	HSC	Y2K
Lane 9		WILD	WILD	YWFF
Lane 10		WILD	WILD	CPD
Lane 11		HSC	Y2K	CPD
Lane 12		HSC	Y2K	YWFF
Lane 13		OPEN	OPEN	OPEN
Lane 14		OPEN	OPEN	OPEN
Lane 15		OPEN	OPEN	OPEN