

GCY SPRING FLING WARM-UP ASSIGNMENTS
FRIDAY 5:00pm-5:50pm

LONG COURSE LANES

8	7	6	5	4	3	2	1
TYDE	TYDE	TYDE	NCAC	NCAC	NCAC	RAC	GCY

DIVE WELL LANES

1 GCY
2 GCY
3 TYDE
4 NCAC