**Warmup Assignments**

**Warmup Session 1: 10 & Under**

**4:30-4:45 p.m.**

LIFE Girls’ Pool: Lanes 1-5

TORP/TANK Girls’ Pool: Lanes 6-7

YASD Girls’ Pool: Lanes 8-9

MAC/UN Girls’ Pool: Lane 10

NCAP Boys’ Pool: Lanes 1-3

PAC/TRA Boys’ Pool: Lane 4-8

**Warmup Session 2: Ages 11/12**

**4:45-5:00 p.m.**

LIFE Girls’ Pool: Lanes 1-5

TORP/TANK Girls’ Pool: Lanes 6-8

YASD/UN Girls’ Pool: Lanes 9-10

NCAP Boys’ Pool: Lanes 1-4

PAC/TRA/MAC Boys’ Pool: Lane 5-8

**Warmup Session 3: Ages 13 & Over**

**5:00-5:20 p.m.**

LIFE Girls’ Pool: Lanes 1-3

TANK Girls’ Pool: Lanes 4-5

TORP Girls’ Pool: Lanes 6-9

NCAP/UN Girls’ Pool: Lane 10

Boys’ Pool: Lanes 1-3

PAC/YASD Boys’ Pool: Lane 4-8

**Timer Requirements:**

LIFE: 12

MAC: 1

NCAP: 10

PAC: 18

TANK: 2

TRA: 0

TORP: 7

YASD: 4

UN: 0