**Warm-ups for the 2020 WAC Mike Willard Polar Plunge**

**Saturday & Sunday Morning 12 & Under Sessions:**

**West Pool – 7:30 to 7:55 A.M. East Pool – 7:30 to 7:55 A.M.**

**Lanes 1 to 4 – WAC & Unattached Lanes 1 to 7 - POSEIDON**

**Lanes 5 to 8 – QUEST Lane 8 - RMSC**

**Lesson Pool – 7:30 to 7:55 A.M.**

**Lanes 1 to 6 – QUEST**

**West Pool – 7:55 to 8:20 A.M. East Pool – 7:55 to 8:20 A.M.**

**Lanes 1 to 2 – DC Lanes 1 to 8 - RAYS**

**Lanes 3 to 4 - RACERS**

**Lanes 5 to 8 – SWIMRVA**

**Lesson Pool – 7:55 to 8:20 A.M.**

**Lanes - 1 to 6 – SWIMRVA**

**Saturday & Sunday Afternoon 13 & over Sessions:**

**West Pool – 12:30 to 12:55 P.M. East Pool – 12:30 to 12:55 P.M.**

**Lanes 1 to 3 – WAC & Unattached Lanes 1 to 7 - RAYS**

**Lanes 3 to 8 - QUEST Lane 8 - RACERS**

**Lesson Pool – 12:30 to 12:55 P.M.**

**Lanes 1 to 6 - QUEST**

**West Pool – 12:55 to 1:20 P.M. East Pool – 12:55 to 1:20 P.M.**

**Lanes 1 & 2 – SWIMRVA Lanes 1 to 8 - NOVA**

**Lane 3 – DC**

**Lanes 4 to 6 – POSEIDON Lesson Pool – 12:55 to 1:20 P.M.**

**Lane 7 & 8 – RMSC Lanes 1 to 6 - SWIMRVA**