

2022 LC WGLO Warm-up Assignments

Friday AM

7:00-7:30

Lane 1 – LAKE

Lane 2 – LAKE

Lane 3 – LAKE/WA

Lane 4 – WA

Lane 5 – SWAT/PSC

Lane 6 – SSTY

Lane 7 – SSTY

Lane 8 – SSTY

7:30-8:00

Lane 1 – J-HWK/SEA/MWWM

Lane 2 – NASA

Lane 3 – NASA

Lane 4 – RA

Lane 5 – VAST/ASC

Lane 6 – OZ/BAC

Lane 7 – BAC

Lane 8 – WBSC/OSHY/WAV/MAC/GBY

8:00-8:10

Open for Sprints/pace/general

Saturday AM

7:00-7:30

Lane 1 – J-HWK/SEA/MWWM

Lane 2 – NASA

Lane 3 – NASA

Lane 4 – RA

Lane 5 – VAST/ASC

Lane 6 – OZ/BAC

Lane 7 – BAC

Lane 8 – WBSC/OSHY/WAV/MAC/GBY

7:30-8:00

Lane 1 – LAKE

Lane 2 – LAKE

Lane 3 – LAKE/WA

Lane 4 – WA

Lane 5 – SWAT/PSC

Lane 6 – SSTY

Lane 7 – SSTY

Lane 8 – SSTY

8:00-8:10

Open for Sprints/pace/general

Friday and Saturday PM

First 30 minutes (Friday approx. 1:10-1:40, Saturday approx. 1:00-1:30)

Lane 1 –WAVE/ASC/WBSC/PSC/SEA/OSHY

Lane 2 – LAKE

Lane 3 – LAKE

Lane 4 – VAST/RA

Lane 5 – SSTY/SWAT

Lane 6 – SSTY

Lane 7 – NASA

Lane 8 – BAC/OZ

Last 15 minutes (Friday approx. 1:40-1:55, Saturday approx. 1:30-1:45)

Open for Sprints/pace/general

Sunday Timed Finals

First 30 minutes (approx. 10:10-10:40)

Lane 1 –RA/BAC/ASC

Lane 2 – LAKE

Lane 3 – LAKE

Lane 4 – VAST/WBSC

Lane 5 – SSTY

Lane 6 – SSTY

Lane 7 – NASA

Lane 8 – OZ/SWAT/OSHY/WAVE/PSC

Last 15 minutes (approx. 10:40 -10:55)

Open for Sprints/pace/general