

11-12 Warm-up Assignments

Friday PM

North Pool Early, 2:30-2:55 PM

Lane 1 – LAKE
Lane 2 – LAKE
Lane 3 – MAC
Lane 4 – MAC
Lane 5 – MAC
Lane 6 – BAC
Lane 7 – BAC
Lane 8 – BAC

South Pool Early, 2:30-2:55 PM

Lane 1 – GBSC, BB, LGSC, PASC
Lane 2 – PX3, WAVE, NBSC
Lane 3 – WBSC, DFAC, SCSC
Lane 4 – SWAT
Lane 5 – SWAT
Lane 6 – SPS
Lane 7 – RA
Lane 8 – FSC, WYNS, SEA, GYD

North Pool Late, 2:55-3:20 PM

Lane 1 – OPEN FOR SPRINTS
Lane 2 – ASC, STAR, BASS, BTDE
Lane 3 – OZ, GBY, CAST
Lane 4 – SHOR
Lane 5 – EBSC
Lane 6 – EBSC
Lane 7 – OCSC
Lane 8 – GCY, SCST, YDC

South Pool Late, 2:55-3:20 PM

Lane 1 – HSSB, WASP, WAC
Lane 2 – NLAC, LAXY, MM
Lane 3 – SSTY
Lane 4 – SSTY
Lane 5 – WEST
Lane 6 – WEST
Lane 7 – WAUN, MSS
Lane 8 – OSHY, J-HK, SWMKE, WAT

Saturday PM

North Pool Early, 12:00-12:30 PM

Lane 1 – GBSC, BB, LGSC, STAT, RAAC
Lane 2 – PX3, WAVE, NBSC
Lane 3 – WBSC, WYNS, SWMKE
Lane 4 – SSTY
Lane 5 – SSTY
Lane 6 – SPS
Lane 7 – RA
Lane 8 – FSC, DFAC, SEA, GYD

South Pool Early, 12:00-12:30 PM

Lane 1 – LAKE
Lane 2 – LAKE
Lane 3 – MAC
Lane 4 – MAC
Lane 5 – NLAC
Lane 6 – BAC
Lane 7 – BAC
Lane 8 – BAC

North Pool Late, 12:30-1:00 PM

Lane 1 – OPEN FOR SPRINTS
Lane 2 – MSS
Lane 3 – SWAT
Lane 4 – SWAT
Lane 5 – WEST
Lane 6 – WEST
Lane 7 – WAUN, LAXY
Lane 8 – OSHY, J-HK, WAT, FCY, MM

South Pool Late, 12:30-1:00 PM

Lane 1 – HSSB, WASP, WAC
Lane 2 – ASC, STAR, BASS, BTDE, OCON
Lane 3 – OZ, GBY, CAST
Lane 4 – SHOR
Lane 5 – EBSC
Lane 6 – EBSC
Lane 7 – OCSC
Lane 8 – GCY, SCST, YDC

Sunday PM

North Pool Early, 12:25-12:55 PM

Lane 1 – LAKE
Lane 2 – LAKE
Lane 3 – SWAT
Lane 4 – SWAT
Lane 5 – WEST
Lane 6 – WEST
Lane 7 – WAUN, LAXY
Lane 8 – OSHY, J-HK, WAT, FCY, MM

South Pool Early, 12:25-12:55 PM

Lane 1 – HSSB, WAC, WAC
Lane 2 – ASC, STAR, BASS, BTDE
Lane 3 – OZ, GBY, CAST
Lane 4 – SHOR
Lane 5 – EBSC
Lane 6 – EBSC
Lane 7 – OCSC
Lane 8 – GCY, SCST, YDC

North Pool Late, 12:55-1:25 PM

Lane 1 – OPEN FOR SPRINTS
Lane 2 – MSS, WASP
Lane 3 – MAC
Lane 4 – MAC
Lane 5 – NLAC
Lane 6 – BAC
Lane 7 – BAC
Lane 8 – BAC

South Pool Late, 12:55-1:25 PM

Lane 1 – GBSC, BB, LGSC, STAT
Lane 2 – PX3, WAVE, NBSC, PASC
Lane 3 – WBSC, WYNS, SWMKE
Lane 4 – SSTY
Lane 5 – SSTY
Lane 6 – SPS
Lane 7 – RA
Lane 8 – FSC, DFAC, SEA, GYD

10 Under Warm-up Assignments

Saturday AM

North Pool Early, 7:30-7:55 AM

Lane 1 – LAKE
Lane 2 – OZ
Lane 3 – MAC
Lane 4 – MAC
Lane 5 – RA
Lane 6 – BAC
Lane 7 – BAC
Lane 8 – BAC

South Pool Early, 7:30-7:55 AM

Lane 1 – OSHY, TOSA, FAST, FCY, UN-SEA
Lane 2 – HSSB
Lane 3 – PX3
Lane 4 – SPS
Lane 5 – NLAC
Lane 6 – SSTY
Lane 7 – LAXY, GYD
Lane 8 – DFAC, FSC, GBY, LOO, PASC

North Pool Late, 7:55-8:20 AM

Lane 1 – OPEN FOR SPRINTS
Lane 2 – WAUN, WAVE, NBSC
Lane 3 – WBSC, WYNS, OCON
Lane 4 – SHOR
Lane 5 – EBSC
Lane 6 – EBSC
Lane 7 – OPEN FOR SPRINTS
Lane 8 – OPEN FOR SPRINTS

South Pool Late, 7:55-8:20 AM

Lane 1 – WAC, SCST, MMSY, YDC
Lane 2 – SWAT
Lane 3 – SWAT
Lane 4 – WEST
Lane 5 – OCSC
Lane 6 – MSS, ASC
Lane 7 – GBSC, GCY, SWMKE
Lane 8 – SCWW, STAT, MM

Sunday AM

North Pool Early, 7:30-7:55 AM

Lane 1 – OSHY, TOSA, FAST, FCY, UN-SEA
Lane 2 – SWAT
Lane 3 – SWAT
Lane 4 – WEST
Lane 5 – OCSC
Lane 6 – MSS, ASC
Lane 7 – LAXY, GYD
Lane 8 – DFAC, FSC, GBY, LOO, PASC

South Pool Early, 7:30-7:55 AM

Lane 1 – LAKE
Lane 2 – OZ
Lane 3 – MAC
Lane 4 – MAC
Lane 5 – RA
Lane 6 – BAC
Lane 7 – BAC
Lane 8 – BAC

North Pool Late, 7:55-8:20 AM

Lane 1 – OPEN FOR SPRINTS
Lane 2 – HSSB
Lane 3 – PX3
Lane 4 – SPS
Lane 5 – NLAC
Lane 6 – SSTY
Lane 7 – OPEN FOR SPRINTS
Lane 8 – OPEN FOR SPRINTS

South Pool Late, 7:55-8:20 AM

Lane 1 – WAC, SCST, MMSY, YDC
Lane 2 – WAUN, WAVE, NBSC
Lane 3 – WBSC, WYNS, OCON
Lane 4 – SHOR
Lane 5 – EBSC
Lane 6 – EBSC
Lane 7 – GBSC, GCY, SWMKE
Lane 8 – SCWW, STAT, MM

Warm-up Notes:

WU Assignments: There are two sessions of assigned warm-up lanes. Lanes may be used for one-way sprints if all assigned teams agree.

During the late assigned warm-up sessions, 1 or 3 lanes will be left unassigned and available for one-way sprints.

Competition Pool Warm-up: After assigned warm-up periods the north pool will be open for sprints until 5 minutes before the start of the meet and the south pool will remain open for general warm-up.

North Pool Open for Sprints:

Friday – 3:20-3:35 PM

Saturday and Sunday AM – 8:20-8:35 AM

Saturday PM – 1:00-1:10 PM

Sunday PM – 1:25-1:35 PM

South pool will be open continuously throughout the meet. During the meet, lane 8 is reserved for one-way sprints and lane 1 is reserved for pace work. Please respect those reserved lanes. The middle section and the Y pool will not be available. Swimmers are not allowed to enter the pool from the bulkhead.

The north pool is not open for warm-ups during breaks