2021 Express Not-A-Regional Warm-up Assignments - Day 1

Friday 200/400 IM Warm-ups

Warm-up - 3:30 - 4:10 PM		Start End	Turn End
Competition Pool	Lane 1	BAC	BAC
	Lane 2	OCSC	OCSC
	Lane 3	NLAC	NLAC
	Lane 4	MAC	MAC
	Lane 5	SWMKE	PX3
	Lane 6	SWMKE	SWMKE
	Lane 7	SWMKE	SWMKE
	Lane 8	WEST	ASC
	Lane 9	WEST	WEST
	Lane 10	WEST	WEST
Bulkhead			
Shallow Lane	Lane 11	WEST	UN-WI

~6 Swimmers Per Lane No More Than 3 Swimmers Per Side

Friday 500/1000 Free Warm-ups

Warm-up A - 5:00 - 5:25 PM		Start End	Turn End
Competition Pool	Lane 1	WAT	WAT
	Lane 2	PX3	PX3
	Lane 3	PX3	PX3
	Lane 4	PX3	PX3
	Lane 5	WEST	WEST
	Lane 6	WEST	WEST
	Lane 7	WEST	WEST
	Lane 8	WEST	WEST
	Lane 9	WEST	WEST
	Lane 10	WEST	WEST
Bulkhead			
Shallow Lane	Lane 11	WEST	WEST

5-6 Swimmers Per Lane No More Than 3 Swimmers Per Side

Friday 500/1000 Free Warm-ups

Warm-up B - 5:25 - 5:50 PM		Start End	Turn End
Competition Pool	Lane 1	ASC	ASC
	Lane 2	SWMKE	SWMKE
	Lane 3	NLAC	SWMKE
	Lane 4	NLAC	NLAC
	Lane 5	OCSC	OCSC
	Lane 6	OCSC	OCSC
	Lane 7	MAC-WI	MAC-WI
	Lane 8	MAC-WI	MAC-WI
	Lane 9	BAC	BAC
	Lane 10	BAC	BAC
Bulkhead			
Shallow Lane	Lane 11	BAC	BAC

2021 Express Not-A-Regional Warm-up Assignments - Day 2

Saturday 9-10 and 11-12 Session

Warm-up A - 7:00 - 7:25 AM		Start End	Turn End
Competition Pool	Lane 1	WAT	WAT
	Lane 2	WAT	WAT
	Lane 3	SWMKE	SWMKE
	Lane 4	WEST	WEST
	Lane 5	WEST	WEST
	Lane 6	WEST	WEST
	Lane 7	WEST	WEST
	Lane 8	WEST	WEST
	Lane 9	WEST	WEST
	Lane 10	WEST	WEST
Bulkhead			
Shallow Lane	Lane 11	WEST	UN-WI

~5 Swimmers Per Lane No More Than 3 Swimmers Per Side

Saturday 9-10 and 11-12 Session

Warm-up B - 7:25 - 7:50 AM		Start End	Turn End
Competition Pool	Lane 1	WASP	OCSC
	Lane 2	OCSC	OCSC
	Lane 3	OCSC	OCSC
	Lane 4	MAC-IL	MAC-IL
	Lane 5	BAC	BAC
	Lane 6	BAC	BAC
	Lane 7	BAC	BAC
	Lane 8	BAC	BAC
	Lane 9	BAC	BAC
	Lane 10	BAC	BAC
Bulkhead			
Shallow Lane	Lane 11	BAC	BAC

~5 Swimmers Per Lane No More Than 3 Swimmers Per Side

Saturday 9-10 and 11-12 Session

Warm-up C - 7:50 - 8:15 AM		Start End	Turn End
Competition Pool	Lane 1	PX3	PX3
	Lane 2	PX3	PX3
	Lane 3	PX3	PX3
	Lane 4	NLAC	NLAC
	Lane 5	NLAC	NLAC
	Lane 6	ASC	ASC
	Lane 7	MAC-WI	MAC-WI
	Lane 8	MAC-WI	MAC-WI
	Lane 9	MAC-WI	MAC-WI
	Lane 10	MAC-WI	MAC-WI
Bulkhead			
Shallow Lane	Lane 11	MAC-WI	MAC-WI

Saturday 8&U and 13-14 Session

Warm-up A - 10:40 - 11:05 AM		Start End	Turn End
Competition Pool	Lane 1	MAC-WI	MAC-WI
	Lane 2	MAC-WI	MAC-WI
	Lane 3	ASC	ASC
	Lane 4	NLAC	NLAC
	Lane 5	WAT	MAC-IL
	Lane 6	UN-WI	MWWM / WASP
	Lane 7	WEST	WEST
	Lane 8	WEST	WEST
	Lane 9	WEST	WEST
	Lane 10	WEST	WEST
Bulkhead			
Shallow Lane	Lane 11	WEST	WEST

5-6 Swimmers Per Lane No More Than 3 Swimmers Per Side

Saturday 8&U and 13-14 Session

Warm-up B - 11:05 - 11:30 AM		Start End	Turn End
Competition Pool	Lane 1	BAC	BAC
	Lane 2	BAC	BAC
	Lane 3	BAC	BAC
	Lane 4	BAC	BAC
	Lane 5	BAC	BAC
	Lane 6	OCSC	OCSC
	Lane 7	SWMKE	SWMKE
	Lane 8	SWMKE	SWMKE
	Lane 9	SWMKE	PX3
	Lane 10	PX3	PX3
Bulkhead			
Shallow Lane	Lane 11	PX3	PX3

Saturday 8&U and 13-14 Session

Warm-up C - 11:30 - 11:55 AM		Start End	Turn End
Competition Pool	Lane 1	8&U Only	8&U Only
	Lane 2	8&U Only	8&U Only
	Lane 3	8&U Only	8&U Only
	Lane 4	8&U Only	8&U Only
	Lane 5	8&U Only	8&U Only
	Lane 6	8&U Only	8&U Only
	Lane 7	8&U Only	8&U Only
	Lane 8	8&U Only	8&U Only
	Lane 9	8&U Only	8&U Only
	Lane 10	8&U Only	8&U Only
Bulkhead			
Shallow Lane	Lane 11	8&U Only	8&U Only

Saturday 15&O Session

Warm-up A - 2:05 - 2:30 PM		Start End	Turn End
Competition Pool	Lane 1	WEST	WEST
	Lane 2	WEST	WEST
	Lane 3	WEST	WEST
	Lane 4	WEST	WEST
	Lane 5	WEST	WEST
	Lane 6	WEST	WEST
	Lane 7	WEST	WEST
	Lane 8	WEST	WEST
	Lane 9	WEST	WEST
	Lane 10	WEST	WEST
Bulkhead			
Shallow Lane	Lane 11	WEST	UN-WI

4-5 Swimmers Per Lane No More Than 3 Swimmers Per Side

Saturday 15&O Session

Warm-up B - 2:30 - 2:55 PM		Start End	Turn End
Competition Pool	Lane 1	SWMKE	SWMKE
	Lane 2	SWMKE	SWMKE
	Lane 3	NLAC	NLAC
	Lane 4	NLAC	NLAC
	Lane 5	OCSC	OCSC
	Lane 6	OCSC	OCSC
	Lane 7	BAC	BAC
	Lane 8	BAC	BAC
	Lane 9	BAC	BAC
	Lane 10	BAC	BAC
Bulkhead			
Shallow Lane	Lane 11	BAC	BAC

4-5 Swimmers Per Lane No More Than 3 Swimmers Per Side

Saturday 15&O Session

Warm-up C - 2:55 - 3:20 PM		Start End	Turn End
Competition Pool	Lane 1	MAC-WI	MAC-WI
	Lane 2	MAC-WI	MAC-WI
	Lane 3	MAC-WI	MAC-WI
	Lane 4	WAT	WAT
	Lane 5	WAT	WAT
	Lane 6	MWWM	MWWM
	Lane 7	MWWM	MWWM
	Lane 8	MAC-IL	MAC-IL
	Lane 9	PX3	PX3
	Lane 10	PX3	PX3
Bulkhead			
Shallow Lane	Lane 11	PX3	PX3

2021 Express Not-A-Regional Warm-up Assignments - Day 3

Sunday 10&U and 11-12 Girls Session

Warm-up A - 7:00 - 7:25 AM		Start End	Turn End
Competition Pool	Lane 1	PX3	PX3
	Lane 2	PX3	PX3
	Lane 3	PX3	PX3
	Lane 4	WAT	WAT
	Lane 5	WAT	WAT
	Lane 6	WAT	WAT
	Lane 7	WASP	MAC-WI
	Lane 8	MAC-WI	MAC-WI
	Lane 9	MAC-WI	MAC-WI
	Lane 10	MAC-WI	MAC-WI
Bulkhead			
Shallow Lane	Lane 11	MAC-WI	MAC-WI

~5 Swimmers Per Lane No More Than 3 Swimmers Per Side

Sunday 10&U and 11-12 Girls Session

Warm-up B - 7:25 - 7:50 AM		Start End	Turn End
Competition Pool	Lane 1	SWMKE	SWMKE
	Lane 2	NLAC	NLAC
	Lane 3	NLAC	NLAC
	Lane 4	OCSC	OCSC
	Lane 5	OCSC	ASC
	Lane 6	BAC	BAC
	Lane 7	BAC	BAC
	Lane 8	BAC	BAC
	Lane 9	BAC	BAC
	Lane 10	BAC	BAC
Bulkhead			
Shallow Lane	Lane 11	BAC	BAC

~5 Swimmers Per Lane No More Than 3 Swimmers Per Side

Sunday 10&U and 11-12 Girls Session

Warm-up C - 7:50 - 8:15 AM		Start End	Turn End
Competition Pool	Lane 1	MAC-IL	MAC-IL
	Lane 2	WEST	WEST
	Lane 3	WEST	WEST
	Lane 4	WEST	WEST
	Lane 5	WEST	WEST
	Lane 6	WEST	WEST
	Lane 7	WEST	WEST
	Lane 8	WEST	WEST
	Lane 9	WEST	WEST
	Lane 10	WEST	WEST
Bulkhead			
Shallow Lane	Lane 11	WEST	UN-WI

Sunday 13-14 and 11-12 Boys Session

Warm-up A - 10:20 - 10:45 AM		Start End	Turn End
Competition Pool	Lane 1	PX3	PX3
	Lane 2	PX3	PX3
	Lane 3	PX3	PX3
	Lane 4	MWWM	WASP
	Lane 5	BAC	BAC
	Lane 6	BAC	BAC
	Lane 7	BAC	BAC
	Lane 8	BAC	BAC
	Lane 9	BAC	BAC
	Lane 10	BAC	BAC
Bulkhead			
Shallow Lane	Lane 11	BAC	BAC

4-5 Swimmers Per Lane No More Than 3 Swimmers Per Side

Sunday 13-14 and 11-12 Boys Session

Warm-up B - 10:45 - 11:10 AM		Start End	Turn End
Competition Pool	Lane 1	ASC	ASC
	Lane 2	ASC	ASC
	Lane 3	OCSC	OCSC
	Lane 4	OCSC	OCSC
	Lane 5	OCSC	SWMKE
	Lane 6	SWMKE	SWMKE
	Lane 7	SWMKE	SWMKE
	Lane 8	MAC-WI	MAC-WI
	Lane 9	MAC-WI	MAC-WI
	Lane 10	MAC-WI	MAC-WI
Bulkhead			
Shallow Lane	Lane 11	MAC-WI	MAC-WI

4-5 Swimmers Per Lane No More Than 3 Swimmers Per Side

Sunday 13-14 and 11-12 Boys Session

Warm-up C - 11:10 - 11:35 AM		Start End	Turn End
Competition Pool	Lane 1	NLAC	NLAC
	Lane 2	WAT	WAT
	Lane 3	MAC-IL	MAC-IL
	Lane 4	WEST	WEST
	Lane 5	WEST	WEST
	Lane 6	WEST	WEST
	Lane 7	WEST	WEST
	Lane 8	WEST	WEST
	Lane 9	WEST	WEST
	Lane 10	WEST	WEST
Bulkhead			
Shallow Lane	Lane 11	WEST	UN-WI

Sunday 15&O Session

Warm-up A - 1:50 - 2:15 PM		Start End	Turn End
Competition Pool	Lane 1	PX3	PX3
	Lane 2	PX3	PX3
	Lane 3	PX3	PX3
	Lane 4	MWWM	MWWM
	Lane 5	MWWM	MWWM
	Lane 6	BAC	BAC
	Lane 7	BAC	BAC
	Lane 8	BAC	BAC
	Lane 9	BAC	BAC
	Lane 10	BAC	BAC
Bulkhead			
Shallow Lane	Lane 11	BAC	BAC

4-5 Swimmers Per Lane No More Than 3 Swimmers Per Side

Sunday 15&O Session

Warm-up B - 2:15 - 2:40 PM		Start End	Turn End
Competition Pool	Lane 1	ASC	ASC
	Lane 2	ASC	ASC
	Lane 3	WAT	WAT
	Lane 4	WAT	NLAC
	Lane 5	NLAC	NLAC
	Lane 6	SWMKE	SWMKE
	Lane 7	SWMKE	SWMKE
	Lane 8	OCSC	OCSC
	Lane 9	MAC-WI	MAC-WI
	Lane 10	MAC-WI	MAC-WI
Bulkhead			
Shallow Lane	Lane 11	MAC-WI	MAC-WI

4-5 Swimmers Per Lane No More Than 3 Swimmers Per Side

Sunday 15&O Session

Warm-up C - 2:40 - 3:05 PM		Start End	Turn End
Competition Pool	Lane 1	MAC-IL	MAC-IL
	Lane 2	WEST	WEST
	Lane 3	WEST	WEST
	Lane 4	WEST	WEST
	Lane 5	WEST	WEST
	Lane 6	WEST	WEST
	Lane 7	WEST	WEST
	Lane 8	WEST	WEST
	Lane 9	WEST	WEST
	Lane 10	WEST	WEST
Bulkhead			
Shallow Lane	Lane 11	WEST	UN-WI