

2022 Straehle CMSL Individual Championships
Warm-up Lane Assignments

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00-7:15	Open Warm-ups							
7:15-7:30	Open Lane	SPL	SPL	MCSC/BH	DUL	SPD/MBK	PAD	Open Lane
7:30-7:45	Open Lane	BJCCCS	BJCCCS	SH	ROR	FH	FH	Open Lane
7:45-8:00	Open Lane	SCSC	SCSC	SL	FO	RW	WM	WM
8:00-8:15	Open Lane	WST	WST	WW	CCC/PO	MLSC	NSC	WAW
8:15-8:30	Open Lane	CSC/NC/TVST	CVST	NSJ	NSJ	SHC	CA	WCSC
8:30-8:45	Open Lane	WVB/CH	OMST/CCEGB/NJST	AND	WRC/FR	HP	SA/ALT	WH/GBP
8:45-9:00	Pool Closed							

- Notes:**
- Current Teams with no entries in 2022: LH, CR, HH, TV (Open lanes may be assigned to these teams)
 - We have included an open warm-up from 7:00-7:15 am. There will be one open lane during each warmup session for over flow.
 - Warm-up should be for swimmers competing in **individual** events; *assignments are updated based on 2022 number of swimmers in individual events.*
 - The assignments attempt to have approximately 10-15 swimmers per lane.
 - The warm up pool (Olympia Pool) will open at 9:30am for warm-up and warm down.
 - ***Please work with teams in adjacent lanes to group 12&U and 13&O swimmers together/in separate lanes***
 - ***There will be a 3 assigned 10 minute warm-ups for relay-only swimmers after the last individual event and before the relays.***

Relay Warmups

Times subject to changed based on the ending time of individual events.

Relays Approximate Start time: 12:35pm

Session 1 12:00-12:10	Session 2 12:10-12:20	Session 3 12:20-12:30
AND	MLSC	SH
ALT	MBK	SL
BH	NC	WM
BJCCS	NSJ	WCSC
CSC	NSC	WAW
CVST	PAD	WH
CA	PO	WRC
DUL	ROR	WST
FO	RW	WVB
FH	SHC	WW
FR	SCSC	
HP	SPD	
	SPL	