

Warm Up Lane Assignments			
SESSION 1 - AGES 10 & Under			
Team	# of Swimmers	Time	Lanes
BEL	82	7:00-7:30	13 & 14*
CC	116	7:00-7:30	18-20*
HSC*	28	7:00-7:30	4
SAAB	125	7:00-7:30	15-17*
SH	98	7:00-7:30	5 - 7
TC	69	7:00-7:30	9-10*
TSD*	26	7:00-7:30	3
WO	80	7:00-7:30	11 & 12*
MM	45	7:00-7:30	8
* Lanes 1 & 2 in Comp pool for one way starts.			
HSC and TSD, once you begin starts, please allow swimmers from other teams to participate			

Warm Up Lane Assignments			
SESSION 2 - AGES 11 & Up			
Team	# of Swimmers	Time	Lanes
BEL	54	1:15-1:30	12-13
CC	76	1:15-1:30	9-11
HSC	28	1:15-1:30	1
SAAB	86	1:15-1:30	4 - 7
SH	91	1:15-1:30	17-20
TC	68	1:15-1:30	2 & 3
TSD	13	1:15-1:30	8
WO	80	1:15-1:30	14-16
MM	11	1:15-1:30	8
1:15 - 1:30 Warm up in assigned lanes			
1:30 - 1:40 - General One Way Starts in any lane with blocks. Continued warm ups in other lanes.			