**WARM UP ASSIGNMENTS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| SESSION 1 – 11 & under | | | | | | | |
| **8:30 – 8:50 am** | | | | **8:50 – 9:10 am** | | | |
| Competition Course | | Middle Pool | | Competition Course | | Middle Pool | |
| 6 / 7  Age group | Lane 1, 2 |  |  | 6 / 7  Age group | Lane 1, 2 |  |  |
|  |  |  |  |  |  |
| FAST | Lane 3, 4 | DCRP | Lane 11 - 14 | JFD | Lane 3 – 7 | MDY | Lane 11, 12 |
| BTSC | Lane 3 |  |  | PAC | Lane 8, 9 | AESC | Lane 13, 14 |
| MSSC | Lane 5, 6 |  |  | AESC | Lane 10 |  |  |
| TIBU | Lane 6 - 10 |  |  |  |  |  |  |
| SESSION 2 – 12 & older | | | | | | | |
| **1:00 – 1:25 pm** | | | | **1:25 – 1:50 pm** | | | |
| FAST | Lane 1, 2 | PAC | Lane 11 | DCRP | Lane 1 – 6 | NCAP | Lane 11 |
| MSSC | Lane 3, 4, 5 | AESC | Lane 12, 13 | YASD | Lane 6 | GETY | Lane 11 |
| TIBU | Lane 6 - 10 | UNAT | Lane 12 | DRAG | Lane 7 | JFD | Lane 12 - 14 |
|  |  | PGKS | Lane 14 | MDY | Lane 8, - 10 |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| SESSION 3 – 11 & under | | | | | | | |
| **8:30 – 8:50 am** | | | | **8:50 – 9:10 am** | | | |
| Competition Course | | Middle Pool | | Competition Course | | Middle Pool | |
| 6 / 7  Age group | Lane 1, 2 |  |  | 6 / 7  Age group | Lane 1, 2 |  |  |
|  |  |  |  |  |  |
| FAST | Lanes 3, 4 | TIBU | Lane 11, 12 | JFD | Lane 3 – 6 | DCRP | Lane 11 – 14 |
| BTSC | Lane 3 | PGKS | Lane 13 | MDY | Lane 7, 8 |  |  |
| MSSC | Lane 5, 6, 7 | PRIDE | Lane 13 | UNAT | Lane 8 |  |  |
| TIBU | Lane 8 – 10 | PAC | Lane 14 | AESC | Lane 9 |  |  |
|  |  |  |  | DRAG | Lane 10 |  |  |
| SESSION 4 – 12 & older | | | | | | | |
| **1:00 – 1:25 pm** | | | | **1:25 – 1:50 pm** | | | |
| FAST | Lane 1 | PAC | Lane 11 | TIBU | Lane 1 – 6 | AESC | Lane 11, 12 |
| MSSC | Lane 2 – 4 | JFD | Lane 12, 13 | MDY | Lane 7 – 9 | DRAG | Lane 13 |
| DCRP | Lane 5 - 10 | PRIDE | Lane 14 | GETY | Lane 10 | YASD | Lane 13 |
|  |  |  |  |  |  | UNAT | Lane 14 |

Lane 1 is the lane closest to the scoreboard / officials table after the dead lane.

Lanes 11 – 14 are in the middle pool.

The moveable floor will be open the entire meet.

The training pool and hot tub are closed.

Remember to “play nice” when sharing warm up lanes