



14 & Under Session Warm-Up and Timing Assignments - Saturday

Warm up:8:00 - 8:35am

Scoreboard End Pool

Lane 1 SPAR
Lane 2 SPAR
Lane 3 CCSC
Lane 4 CCSC
Lane 5 BR and Laf Senior
Lane 6 BR and Laf Senior
Lane 7 Laf JR
Lane 8 Laf JR//FINS

Record Board End Pool

Lane 1 JR Red
Lane 2 JR White
Lane 3 JR White
Lane 4 JR Black
Lane 5 JR Black
Lane 6 JR Black
Lane 7 Age Group
Lane 8 Age Group

TIMING- 1 per lane

Lane 1 CRAW
Lane 2 CRAW
Lane 3 CRAW
Lane 4 CRAW
Lane 5 CRAW
Lane 6 CRAW
Lane 7 CRAW
Lane 8 SPAR
Lane 8 CCSC

13 & Over Warm-Up and Timing Assignments - Saturday

Warm up:11:30-12:10pm

Scoreboard End Pool

Lane 1 CA Senior Female
Lane 2 CA Senior Female
Lane 3 CA Senior Female
Lane 4 CA Senior Female
Lane 5 CA Senior Female
Lane 6 CA Senior Female
Lane 7 CCSL
Lane 8 SPAR

Gym End Pool

Lane 1 CA Senior Male
Lane 2 CA Senior Male
Lane 3 CA Senior Male
Lane 4 CA Senior Male
Lane 5 CA Senior Male
Lane 6 CA Senior Male
Lane 7 CA Senior Male
Lane 8 CA Senior Male

TIMING- 1 per lane

Lane 1 CRAW
Lane 2 CRAW
Lane 3 CRAW
Lane 4 CRAW
Lane 5 CRAW
Lane 6 CRAW
Lane 7 CRAW
Lane 8 CRAW