

2018 NU WAVE SWIM CLUB "FALL SC OPEN"

WARM-UP ASSIGNMENTS

FRIDAY, NOVEMBER 2

<u>Deep End</u>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:45-5:15 PM	WAVE/FINS	WAVE	WAVE	ES	ES	ES/STRM	SLST	SLST

<u>Shallow End</u>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:45-5:15 PM	HSC	HSC	SBSC	SBSC	CRAW	CRAW/CREW	PAC	PAC/LAT

SATURDAY, NOVEMBER 3

<u>Deep End</u>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:25 AM	SLST	SLST	SLST	SLST	SBSC	SBSC	SBSC	STRM
8:25-8:50 AM	CRAW	CRAW	CRAW	CRAW	CRAW	PAC	PAC	PAC

<u>Shallow End</u>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:25 AM	WAVE	WAVE	WAVE	ES	ES	ES	CREW	CREW
8:25-8:50 AM	HSC	HSC	HSC	HSC	HSC/FINS	FINS	FINS	LAT

<u>Deep End</u>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:20-1:50 PM	LAT	LAT/SLST	SLST	CRAW	CRAW	ES	ES/SBSC	SBSC

<u>Shallow End</u>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:20-1:50 PM	WAVE	WAVE	WAVE	PAC	PAC	HSC	STRM/CREW	FINS

SUNDAY, NOVEMBER 4

<u>Deep End</u>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:25 AM	WAVE	WAVE	WAVE	ES	ES	ES	CREW	CREW
8:25-8:50 AM	HSC	HSC	HSC	HSC	HSC	FINS	FINS	LAT

<u>Shallow End</u>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:25 AM	SLST	SLST	SLST	SLST	SBSC	SBSC	SBSC	STRM
8:25-8:50 AM	CRAW	CRAW	CRAW	CRAW	PAC	PAC	PAC	PAC

<u>Deep End</u>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00-1:30 PM	WAVE	WAVE	WAVE	SLST	SLST/PAC	PAC	HSC	STRM/CREW

<u>Shallow End</u>	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
1:00-1:30 PM	CRAW	CRAW	ES	ES	LAT	LAT	SBSC	FINS