

FRIDAY MORNING WARMUP LANE ASSIGNMENTS

13 and over CHAMPS							
Warm-ups to START PROMPTLY at 9:00AM. Follow your team's directions for arrival time.							
TEAM	First 15 Minutes 9:00am-9:15am	Second 15 Minutes 9:15am-9:30am	Third 15 Minutes 9:30am-9:45am	Fourth 15 Minutes 9:45am-10:00am	Fifth 15 Minutes 10:00am-10:15am	Sixth 15 Minutes 10:15am-10:30am	TEAM
ACAC	1, 2, 3						ACAC
BHSC			1, 2, 3, 4				BHSC
CCC						1	CCC
CGST	4, 5, 6						CGST
CITY		1, 2, 3					CITY
ELKS						2	ELKS
FAST			5, 6				FAST
FCC						3	FCC
FLST				1, 2			FLST
FSBC					1, 2		FSBC
FV				3, 4, 5, 6			FV
GCC						4	GCC
GHG						5	GHG
HM		4, 5, 6					HM
KWC						6	KWC
LG					3, 4		LG
LMST					5, 6		LMST

IMPORTANT NOTES FOR BOTH CHAMPS:

Coaches MUST be clear in assigning SPRINT LANES ONLY - dive in, swim to other end, get out.

Coaches MUST be clear in assigning LAP LANES ONLY - 2-way swimming, no diving allowed.

Swimmers MUST be out of the water at the end of their warmup session.