

JSL CHAMPS WARM-UP LANE ASSIGNMENTS

**FRIDAY MORNING**

CHAMPS SESSION 1						
Warm-ups to START at 9:45AM. Follow your team's directions for arrival time.						
	First 20 Minutes		Second 20 Minutes		Third 20 Minutes	
	Racing #	Warm-up #	Racing #	Warm-up #	Racing #	Warm-up #
ACAC			8	8		
BHSC			1, 2, 3	1, 2, 3		
CBST					10	10
CGST					1, 2, 3	1, 2, 3, 4
CITY	4, 5	4, 5				
ELKS	9*	9*				
FAST			9*	9*		
FCC			4, 5	4, 5		
FLST	8	8				
FSBC	1, 2, 3	1, 2, 3				
FV	9*, 10	9* 10				
GHG					9	9
GLEN			9* 10	9*, 10		
HM	6, 7	6, 7				
KWC			6, 7	6, 7		
LG					7, 8	7, 8
LMST					4, 5, 6	5, 6
	* = shared lane		* = shared lane		* = shared lane	

**FRIDAY AFTERNOON**

CHAMPS SESSION 2						
Warm-ups to START at approximately 2:15PM Follow your team's directions for arrival time.						
	First 20 Minutes		Second 20 Minutes		Third 20 Minutes	
	Racing #	Warm-up #	Racing #	Warm-up #	Racing #	Warm-up #
ACAC					10	
BHSC					8, 9	8, 9, 10
CBST			7	--		
CGST	1, 2, 3	1, 2, 3				
CITY					1, 2	1, 2
ELKS			6	--		
FAST					3	3
FCC					4	4
FLST			8	8, 9		
FSBC			4, 5	5, 6, 7		
FV					5, 6, 7	5, 6, 7
GHG			9, 10	10		
GLEN	10	9, 10				
HM			1, 2, 3	1, 2, 3, 4		
KWC	8, 9	8				
LG	4, 5	4, 5				
LMST	6, 7	6, 7				
	* = shared lane		* = shared lane		* = shared lane	

**IMPORTANT NOTES:**

Coaches MUST be clear in assigning SPRINT LANES ONLY - dive in, swim to other end, get out. NO SPRINT LANES IN WARMUP POOL  
 Coaches MUST be clear in assigning LAP LANES ONLY - 2-way swimming, no diving allowed  
 "Racing #" = pool with starting blocks "Warm-up #" = pool with no starting blocks  
 In both pools the lanes are numbered 1 to 10 from RIGHT to LEFT facing the start end of the pool

JSL CHAMPS WARM-UP LANE ASSIGNMENTS

**SATURDAY MORNING**

<b>CHAMPS SESSION 3</b>						
Warm-ups to START at 7:45AM Follow your team's directions for arrival time.						
	First 20 Minutes		Second 20 Minutes		Third 20 Minutes	
	Racing #	Warm-up #	Racing #	Warm-up #	Racing #	Warm-up #
ACAC	4	4, 5				
BHSC	1, 2	1, 2				
CBST					10	9, 10
CGST			5, 6, 7, 8	5, 6, 7, 8, 9		
CITY			1, 2	1, 2		
ELKS					9	--
FAST					1	1
FCC	8, 9	8				
FLST	3	3				
FSBC	5, 6, 7	6, 7				
FV			9, 10	10		
GHG					2	2
GLEN			3	3		
HM					3, 4, 5	3, 4, 5
KWC	10	9, 10				
LG			4	4		
LMST					6, 7, 8	6, 7, 8
	* = shared lane		* = shared lane		* = shared lane	

**SATURDAY AFTERNOON**

<b>CHAMPS SESSION 4</b>						
Warm-ups to START at approximately 12:15PM Follow your team's directions for arrival time.						
	First 20 Minutes		Second 20 Minutes		Third 20 Minutes	
	Racing #	Warm-up #	Racing #	Warm-up #	Racing #	Warm-up #
ACAC			1	1		
BHSC			6, 7, 8	6, 7		
CBST			10	10		
CGST					1, 2, 3, 4	1, 2, 3, 4
CITY	7, 8, 9	7, 8				
ELKS					9	--
FAST	1	1				
FCC			9	8, 9		
FLST					5, 6	5, 6
FSBC					7, 8	7, 8
FV	3, 4, 5	3, 4				
GHG	2	2				
GLEN					10	9, 10
HM			2, 3, 4	2, 3, 4		
KWC			5	5		
LG	9	9, 10				
LMST	6	5, 6				
	* = shared lane		* = shared lane		* = shared lane	

**IMPORTANT NOTES:**

Coaches MUST be clear in assigning SPRINT LANES ONLY - dive in, swim to other end, get out. NO SPRINT LANES IN WARMUP POOL  
 Coaches MUST be clear in assigning LAP LANES ONLY - 2-way swimming, no diving allowed  
 "Racing #" = pool with starting blocks "Warm-up #" = pool with no starting blocks  
 In both pools the lanes are numbered 1 to 10 from RIGHT to LEFT facing the start end of the pool