



2024 NE CRA SCY
11-14 AG Championships



Warm Up Assignments

Thursday Timed Final

Warm Up: 4:45 PM – 5:25 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
General Warm Up All Lanes												

5:25 PM – 5:35 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
PACE	PACE	GEN	GEN	GEN	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	GEN	GEN	GEN
Pool Clears: 5:35 PM												
Meet Starts: 5:40 PM												



2024 NE CRA SCY
11-14 AG Championships



Warm Up Assignments

All Prelim Sessions

8:30 – 8:40 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
PACE	PACE	GEN	GEN	GEN	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	GEN	GEN	GEN

Pool Clears: 8:40 AM

Meet Starts: 8:45 AM



2024 NE CRA SCY
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Warm Up Assignments

Friday Final Session

4:30 – 5:30 pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
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General Warm Up All Lanes

5:30 – 5:40 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
PACE	PACE	GEN	GEN	GEN	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	GEN	GEN	GEN

Pool Clears: 5:40 PM

Meet Starts: 5:45 PM



2024 NE CRA SCY
11-14 AG Championships



Warm Up Assignments

Saturday and Sunday Final Sessions

4:00 – 5:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
General Warm Up All Lanes												

5:00 – 5:10 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
PACE	PACE	GEN	GEN	GEN	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	GEN	GEN	GEN

Pool Clears: 5:10 PM

Meet Starts: 5:15 PM