

# Team Warm Up Assignments

## March 15-17, 2024

### Friday 3:15-3:45 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
CRA	CRA	CRA	CRA	CRA	CRA	CRA	CRA	CRA	CRA	CRA	CRA	CRA

### Friday 3:45-4:05 PM (500 Free only)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
JCCS	PHX	PHX	PHX	USC	USC	USC	BGSC	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

### Friday 4:05-4:25 PM, (500 Free only) Meet Start – 4:30 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
SEAL	KING	KING	KING	CCSC	CCSC	NANT	BGSC (MAINE)	HAUP	HAUP	CLOSED	CLOSED	CLOSED
	KING RI				CLIP	SOLO						

### Friday 400IM & 1650 Free Warm Up Only

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 will not begin before 5:45 PM, meet start 20 minutes later!





**Team Warm Up Assignments  
March 15-17, 2024**

**Saturday Finals**

<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>	<b>Lane 9</b>	<b>Lane10</b>	<b>Lane11</b>	<b>Lane12</b>	<b>Lane13</b>
<p><b>5:15 – 5:35 PM      Girls Only General (all lanes)</b></p> <p><b>5:35 – 5:45 PM      Boys Only General (all lanes)</b></p> <p><b>5:45 – 5:55 PM      Boys General (lanes 1-7, 11-13)</b> <b>Open Sprint (lanes 8-10)</b></p> <p><b>6:00 PM              Meet Start</b></p>												

# Team Warm Up Assignments

## March 15-17, 2024

(13 & Over Prelim)

### Sunday 7:00-7:20 AM (13 & Over Session)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
CCSC	CCSC	CCSC	CCSC	USC	USC	USC	USC	BGSC	BGSC	BGSC	BGSC (MAINE)	BGSC (MAINE)

### Sunday 7:20-7:40 AM (13 & Over Session)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
CRA	CRA	CRA	CRA	CRA	CRA	CRA	KING	KING	KING	JCCS	JCCS	JCCS

### Sunday 7:40-8:00 AM (13 & Over Session) Meet Start: 8:05 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
HAUG	HAUG	HAUG	SEAL	SEAL	SEAL	PHX	PHX	PHX	PHX	NANT	BAT	KING RI
			SOLO							CLIP	KASC	

**Team Warm Up Assignments**  
**March 15-17, 2024**  
 (11-12 Prelim / 10 & Under timed Final)

**Sunday 11:15 – 11:35 AM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
BGSC	BGSC	BGSC	CCSC	CCSC	HAUP	HAUP	PHX	PHX	USC	USC	CLIP	CLIP
BGSC (MAINE)												SEAL

**Sunday 11:35 – 11:55 AM. Start 12:00 PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9		Lane10	Lane11	Lane12	Lane13
JCCS	KASC	BAT	KING	KING	KING	KING RI	KING RI	CRA		CRA	CRA	CRA	CRA
						NANT							

# Team Warm Up Assignments

## March 15-17, 2024

### Sunday Finals

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane10	Lane11	Lane12	Lane13
<p><b>4:30 – 4:55 PM      Girls Only General (all lanes)</b></p> <p><b>4:55 – 5:20 PM      Boys Only General (all lanes)</b></p> <p><b>5:20 – 5:30 PM      Boys General (lanes 1-3, 11-13)</b></p> <p><b>                                  Open Sprint (lanes 4-10)</b></p> <p><b>5:35 PM                Meet Start</b></p>												