

**CRA Distance & Specialty
Team Warm Up Assignments
October 26, 2024**

11 & Over Distance Session

Saturday 8:30 – 9:00 AM, Meet Start 9:05 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
1000 Freestyle Swimmers only GENERAL WARM UP (ALL LANES)												

Saturday No Earlier Than 10:00 AM, Starts 20 Minutes later

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
1650 Freestyle Swimmers only GENERAL WARM UP (ALL LANES)												

12 & Under Specialty Session

Saturday 12:30 – 12:55 PM, Meet Start 1:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12	Lane 13
12:30 – 12:50 PM GENERAL WARM UP (ALL LANES)												
12:50 – 12:55 PM: One Way Sprint All lanes												