

## Summer 2015 Warm-up Assignments for Thursday, Friday, Saturday and Sunday Prelim Sessions for 13 & Over State Championships \*

(Spot an error? Please send an email to [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com).)

Thursday, July 30			Friday, July 31			Saturday, August 1			Sunday, August 2		
Warm-up Session #1 (7:15-7:50 AM)		Total	Warm-up Session #1 (7:15-7:50 AM)		Total	Warm-up Session #1 (7:15-7:50 AM)		Total	Warm-up Session #1 (7:15-7:50 AM)		Total
Lane 1	WAVE - BAT	28	Lane 1	SSTY	25	Lane 1	WAVE - MWWM	30	Lane 1	SSTY	23
Lane 2	DFAC - WBSC - LAXY	28	Lane 2	SSTY (15) - OSHY - J-HK	24	Lane 2	PX3 - MAC - BAT - WAYS	31	Lane 2	SSTY	22
Lane 3	OZ - MWWM - WASP	28	Lane 3	SWAT	25	Lane 3	MFSC - LGSC - FAST - RCSC - MM	30	Lane 3	BAC	34
Lane 4	MFSC - SHOR - EGY - FAST	28	Lane 4	SWAT (17) - BAC (10)	27	Lane 4	OZ - HSSB - LAXY - PASC	31	Lane 4	SWAT	34
Lane 5	PX3 - HSSB - TIDE - WAYS - FCY	33	Lane 5	WEST (15) - BAC (12)	27	Lane 5	DFAC - EGY - OCON - LOO - GBSC	30	Lane 5	WEST	33
Lane 6	WAUN - LGSC - LOO - NLAC - PASC - UN	27	Lane 6	WEST	25	Lane 6	WAUN - WBSC - BTDE - GCY - MMSY - NLAC	30	Lane 6	LAKE	20
Lane 7	SEA - GBY - BTDE - GBSC - MOHO - SPS - MM	27	Lane 7	LAKE	26	Lane 7	MSS - SHOR - SCST - ASC - SPS - BAM - UN	30	Lane 7	EBSC	19
Lane 8	MSS - OCON - RCSC - SCST - SPAC - MAC	26	Lane 8	EBSC - FSC	26	Lane 8	GBY - SEA - TIDE - SPAC - MOHO - FCY	33	Lane 8	J-HK - FSC - OSHY	10
Thursday, July 30			Friday, July 31			Saturday, August 1			Sunday, August 2		
Warm-up Session #2 (7:50-8:25 AM)		Total	Warm-up Session #2 (7:50-8:25 AM)		Total	Warm-up Session #2 (7:50-8:25 AM)		Total	Warm-up Session #2 (7:50-8:25 AM)		Total
Lane 1	SSTY	28	Lane 1	WAVE - LAXY	22	Lane 1	SSTY	28	Lane 1	WAVE - GBY	23
Lane 2	SSTY (24) - OSHY	28	Lane 2	DFAC - GBY	25	Lane 2	SSTY (26) - FSC	28	Lane 2	MFSC - HSSB	22
Lane 3	SWAT	28	Lane 3	PX3 - FAST - ASC - GCY - SCST	25	Lane 3	SWAT	30	Lane 3	OZ - TIDE - LGSC - FCY	25
Lane 4	SWAT (21) - J-HK	28	Lane 4	MFSC - EGY - MAC	23	Lane 4	SWAT (22) - J-HK	30	Lane 4	PX3 - EGY - GBSC - SPAC - MM	21
Lane 5	WEST	28	Lane 5	OZ - OCON - MWWM - BTDE - RCSC - MM	23	Lane 5	WEST	31	Lane 5	SHOR - MAC - BTDE - MOHO - SCST - SPS	21
Lane 6	WEST (11) - BAC	28	Lane 6	MSS - HSSB - GBSC - BAT - LOO - PASC - FCY	24	Lane 6	WEST (13) - BAC	31	Lane 6	DFAC - MWWM - OCON - BAM - GCY - UN	21
Lane 7	LAKE	28	Lane 7	WAUN - SHOR - TIDE - MMSY - WASP	22	Lane 7	LAKE	36	Lane 7	WAUN - WBSC - LAXY - RCSC - WASP	21
Lane 8	EBSC - FSC	28	Lane 8	WBSC - SEA - LGSC - SPAC	22	Lane 8	EBSC - OSHY	31	Lane 8	MSS - SEA - FAST - LOO - PASC - WAYS	21
Thursday, July 30			Friday, July 31			Saturday, August 1			Sunday, August 2		
Warm-up Session #3 (8:25-8:50 AM)			Warm-up Session #3 (8:25-8:50 AM)			Warm-up Session #3 (8:25-8:50 AM)			Warm-up Session #3 (8:25-8:50 AM)		
Lane 1	Pace		Lane 1	Pace		Lane 1	Pace		Lane 1	Pace	
Lane 2	Sprint		Lane 2	Sprint		Lane 2	Sprint		Lane 2	Sprint (from south end)	
Lane 3	Sprint		Lane 3	Sprint		Lane 3	Sprint		Lane 3	Sprint	
Lane 4	Circle		Lane 4	Circle		Lane 4	Circle		Lane 4	Circle	
Lane 5	Circle		Lane 5	Circle		Lane 5	Circle		Lane 5	Circle	
Lane 6	Sprint		Lane 6	Sprint		Lane 6	Sprint		Lane 6	Sprint	
Lane 7	Sprint		Lane 7	Sprint		Lane 7	Sprint		Lane 7	Sprint (from south end)	
Lane 8	Pace		Lane 8	Pace		Lane 8	Pace		Lane 8	Pace	

Warm-ups for these four sessions will be 95 minutes divided into: two 35 minute sessions & one 25 minute session.

All Final, Mile and Time Trial sessions will be general warm-up sessions (pace and sprint lanes will be opened as needed).

Sprint lanes will begin from the north end of the pool (two lanes of sprint will run from the south end on Sunday in preparation for the 50 Free).

Lanes in the 25-yard pool will be available for warm-up and warm down throughout the meet. Be advised the YMCA closes at 8:00 p.m. on Saturday and Sunday (so will the 25-yard pool).

During assigned warm-ups, teams may conduct one-way sprints if all coaches are in agreement.

\* Subject to change