

Pirate Plunge Warm-up Assignments

Work together with teams in your lanes to open pace opportunities and one way sprints as needed.

Friday PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Open warm-up in all lanes							

Saturday AM 12&U Warm-up, 8:30-9:30 AM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LAKE	GBSC	WAVE, GBY	OZ	SSTY	SWAT	WYNS, J-HK	SEA

Saturday PM Open Warm-up, 12:15-1:15 PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LAKE	WAVE	SSTY	SSTY	OZ	WYNS	GBSC, GBY, J-HK, PASC, SWAT, SPDY	SEA

Sunday AM 12&U Warm-up, 7:30-8:30 PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LAKE	WAVE, GBSC	GBY	OZ	SSTY	SWAT	WYNS, J-HK	SEA

Sunday PM Open Warm-up, 11:00 AM-12:00 PM							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LAKE	WAVE	SSTY	SSTY	OZ	WYNS	GBSC, GBY, J-HK, PASC, SWAT	SEA