

2021 Pirate Plunge

Lane Assignments during Warm-ups

Friday PM, 4:00-4:30 PM

Work together with teams in the lane to open pace opportunities and one-way sprints as needed.

Lanes 1-3 EBSC

Lanes 4-5 LAKE

Lanes 6-7 OZ

Lane 8 SEA

Friday PM, 4:30-5:00 PM

Work together with teams in the lane to open pace opportunities and one-way sprints as needed.

Lanes 1-2 WBSC

Lane 3 FCY

Lane 4 OCSC

Lane 5 SSTY

Lane 6 LAXY

Lane 7 GYD, OCON, DFAC, GBY

Lane 8 HPAC, WYNS, NBSC, WAVE

Saturday AM (12&U swimmers), 8:30-9:00 AM

Work together with teams in the lane to open pace opportunities and one-way sprints as needed.

Lanes 1-4 EBSC

Lanes 5-6 LAKE

Lane 7 SSTY

Lane 8 WYNS, SEA, DFAC

Saturday AM (12&U swimmers), 9:00-9:30 AM

Work together with teams in the lane to open pace opportunities and one-way sprints as needed.

Lane 1 OZ

Lane 2 HPAC

Lane 3 OCSC

Lane 4 GYD

Lane 5 FCY

Lane 6 NBSC

Lane 7 OCON, LAXY

Lane 8 GBY, WBSC

2021 Pirate Plunge

Lane Assignments during Warm-ups

Saturday PM (13-14 & Senior swimmers), 1:10-1:40 PM

Work together with teams in the lane to open pace opportunities and one-way sprints as needed.

Lanes 1-3 EBSC

Lane 4-6 LAKE

Lane 7 SEA

Lane 8 FCY

Saturday PM (13-14 & Senior swimmers), 1:40-2:10 PM

Work together with teams in the lane to open pace opportunities and one-way sprints as needed.

Lanes 1-2 SSTY

Lanes 3-4 OZ

Lane 4 GBY, LAXY

Lane 5 OCSC

Lane 6 WBSC, WYNS

Lane 7 GYD, WAVE, DFAC

Lane 8 HPAC, OCON, NBSC

Sunday AM (12&U swimmers), 7:30-8:00 AM

Work together with teams in the lane to open pace opportunities and one-way sprints as needed.

Lanes 1-4 EBSC

Lanes 5-7 LAKE

Lane 8 SEA, WYNS, DFAC

Sunday AM (12&U swimmers), 8:00-8:30 AM

Work together with teams in the lane to open pace opportunities and one-way sprints as needed.

Lane 1 OZ

Lane 2 SSTY

Lane 3 OCSC

Lane 4 HPAC

Lane 5 NBSC

Lane 6 FCY, GYD

Lane 7 OCON, LAXY

Lane 8 WBSC, GBY

2021 Pirate Plunge

Lane Assignments during Warm-ups

Sunday PM (13-14 & Senior swimmers), 11:50 AM-12:20 PM

Work together with teams in the lane to open pace opportunities and one-way sprints as needed.

Lanes 1-3 EBSC

Lane 4-6 LAKE

Lane 7 SEA

Lane 8 FCY

Sunday PM (13-14 & Senior swimmers), 12:20-12:50 PM

Work together with teams in the lane to open pace opportunities and one-way sprints as needed.

Lanes 1-2 SSTY

Lane 3 OZ

Lane 4 OCSC, OCON, DFAC

Lane 5 WBSC, LAXY

Lane 6 GYD, HPAC

Lane 7 WYNS, NBSC

Lane 8 GBY, WAVE