

## 2022 Pirate Plunge

### Lane Assignments during Warm-ups

#### **Friday PM, 4:00-5:00 PM**

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

Lanes 1-2	EBSC
Lane 3	LAKE, OCSC
Lane 4	OZ
Lane 5	SSTY, WBSC
Lane 6	SWAT, OCON
Lane 7	FCY, WAVE, GBY, LAXY
Lanes 8	SEA, NBSC

## 2022 Pirate Plunge

### Lane Assignments during Warm-ups

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

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

Lanes 1-2	LAKE
Lane 3	SWAT
Lane 4	OCSC, WAVE
Lane 5	WBSC, GBY
Lane 6	NBSC
Lane 7	FCY, LAXY
Lane 8	SEA

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

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

Lanes 1-3	EBSC
Lanes 4-5	SSTY
Lanes 6-7	OZ
Lane 8	OCON

#### **Saturday PM (13&O), 1:20-1:50 PM**

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

Lane 1	LAKE
Lane 2	LAKE, LAXY
Lane 3	OZ
Lane 4	OZ, WAVE
Lane 5	SWAT
Lane 6	SWAT, OCON
Lane 7	GBY, WBSC, NBSC
Lane 8	OCSC, SEA

#### **Saturday PM (13&O), 1:50-2:20 PM**

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

Lanes 1-4	EBSC
Lanes 5-7	SSTY
Lane 8	FCY

## 2022 Pirate Plunge

### Lane Assignments during Warm-ups

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

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

Lanes 1-2	LAKE
Lane 3	SWAT
Lane 4	OCSC, WAVE
Lane 5	WBSC, GBY
Lane 6	NBSC
Lane 7	FCY, LAXY
Lane 8	SEA

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

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

Lanes 1-3	EBSC
Lanes 4-5	SSTY
Lanes 6-7	OZ
Lane 8	OCON

#### **Sunday PM (13&O), 12:00 PM-12:30 PM**

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

Lane 1	LAKE
Lane 2	LAKE, LAXY
Lane 3	OZ
Lane 4	OZ, GBY
Lane 5	SWAT
Lane 6	SWAT, OCON
Lane 7	OCSC, NBSC
Lane 8	SEA, NBSC

#### **Sunday PM (13-14 & Senior swimmers), 12:30-1:00 PM**

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

Lanes 1-4	EBSC
Lanes 5-7	SSTY
Lane 8	FCY, WAVE