

2023 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.

Lane 1 LAKE, J-HK, GBY, WAVE

Lane 2 SWAT

Lanes 3-4 EBSC

Lane 5 OZ

Lane 6 SSTY, WBSC

Lane 7 FCY, OCON, NBSC

Lanes 8 SEA

2023 Pirate Plunge
Lane Assignments during Warm-ups

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

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

Lane 1	LAKE, J-HK
Lane 2	SWAT, WAVE
Lane 3-4	EBSC
Lane 5	OZ
Lane 6	SSTY
Lane 7	FCY, OCON, NBSC
Lane 8	SEA, WBSC

Saturday PM (Open), 12:55-1:55 PM

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

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

2023 Pirate Plunge
Lane Assignments during Warm-ups

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

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

Lane 1	LAKE, J-HK
Lane 2	SWAT, WAVE
Lane 3-4	EBSC
Lane 5	OZ
Lane 6	SSTY
Lane 7	FCY, OCON, NBSC
Lane 8	SEA, WBSC

Sunday PM (Open), 11:40 PM-12:40 PM

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

Lane 1	LAKE, J-HK
Lane 2	SWAT, WAVE
Lanes 3-4	EBSC
Lane 5	OZ
Lane 6	SSTY
Lane 7	FCY, OCON, NBSC
Lane 8	SEA, WBSC, MAC