



*Lane Assignments during Warm-ups.*

*Work together with teams in your lane to open pace and/or one-way sprints as needed.*

*Two lanes in the YMCA pool will be available for warm-up/warm down once the meet gets underway.*

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

Open warm-ups.

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

Lane 1	LAKE
Lane 2	WYNS, GBSC, GCY, J-HK
Lane 3	WAVE, GYD, WAT
Lane 4	SSTY
Lane 5	WAUN
Lane 6	OZ
Lane 7	DFAC, LIFE
Lane 8	SEA

**Saturday PM (Open), 11:55 AM-12:55 PM**

Lane 1	LAKE
Lane 2	WYNS, GBSC
Lane 3	WAVE, J-HK, DFAC
Lane 4	SSTY
Lane 5	SSTY
Lane 6	WAUN, WAT, WASP, GYD, GCY
Lane 7	OZ
Lane 8	SEA

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

Lane 1	LAKE
Lane 2	WYNS, GBSC, GCY, J-HK
Lane 3	WAVE, GYD
Lane 4	SSTY
Lane 5	WAUN
Lane 6	OZ
Lane 7	DFAC, LIFE
Lane 8	SEA

**Sunday PM (Open), 10:36 AM-11:36 AM**

Lane 1	LAKE
Lane 2	WYNS, GBSC, WASP
Lane 3	WAVE, J-HK
Lane 4	SSTY
Lane 5	SSTY
Lane 6	OZ
Lane 7	DFAC, GYD, GCY, WAUN, WAT
Lane 8	SEA