

2024 Pirate Plunge

Lane Assignments during Warm-ups

Friday PM, 4:00-5:00 PM

Open warm-ups.

2024 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
Lane 2	SWAT, WAT
Lane 3	SSTY
Lane 4	OZ, GYD
Lane 5	TOSA, NBSC
Lane 6	FCY, WAVE
Lane 7	J-HK, WBSC, GBY
Lane 8	SEA

Saturday PM (Open), 12:30-1:30 PM

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

Lane 1	LAKE
Lane 2	SWAT, UN, MYST
Lanes 3-4	SSTY
Lane 5	OZ, J-HK
Lane 6	WAVE, FCY, TOSA
Lane 7	WBSC, NBSC, WAT
Lane 8	SEA, GYD, GBY

2024 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
Lane 2	SWAT, NBSC
Lane 3	SSTY
Lane 4	EBSC
Lane 5	OZ, WAVE
Lane 6	TOSA, J-HK, GBY
Lane 7	WBSC, FCY, WAT
Lane 8	SEA, GYD

Sunday PM (Open), 11:45 AM-12:45 PM

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

Lane 1	LAKE, WBSC
Lane 2	SWAT, TOSA, UN
Lane 3	SSTY
Lanes 4-5	EBSC
Lane 6	OZ, FCY, J-HK
Lane 7	WAVE, NBSC, WAT
Lane 8	SEA, GYD, GBY, MYST