

Summer Sizzler Warm-up Assignments

Friday 12&U Warm-up, 8:00-8:30 AM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SHOR	FVfy	BRRY	DCST	GYD	OCSC	WAUN	HPAC	SWAQ	SEA

Friday 12&U Warm-up, 8:30-9:00 AM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
NBSC	OCON	J-HK	SWAT	MYST	TOSA	WHTN	BAC, WACY	NEPT, LGSC	GBSC, MM

Friday Senior Warm-up, 1:00-1:30 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SWAQ	SWAQ	BRRY	WHTN	BAC	DCST	FVfy	MYST	GYD	SEA, WAVE

Friday Senior Warm-up, 1:30-2:00 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
LGSC	OCSC	TOSA	SWAT	WAUN, UN	J-HK, NBSC	LIFE, MM	NEPT, OCON	HPAC	SHOR, GBSC

Saturday 12&U Warm-up, 8:00-8:30 AM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SHOR	HPAC	FVfy	BRRY	WAUN	GYD	SWAQ	DCST	J-HK	SEA

Saturday 12&U Warm-up, 8:30-9:00 AM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
OCON	SWAT	NEPT	OCSC	MYST	NBSC	TOSA	WHTN	GBSC, WACY	BAC, MM

Saturday Senior Warm-up, 1:05-1:35 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SWAQ	SWAQ	BRRY	DCST	WHTN	MYST	GYD	SWAT	TOSA	SEA, WAVE

Saturday Senior Warm-up, 1:35-2:05 PM									
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
FVfy	HPAC	NEPT	OCSC	SHOR	J-HK, NBSC	LIFE, UN	BAC, OCON	LGSC, WAUN	GBSC, MM