



Warm-up Assignments

*Work together with teams in your lanes to open pace opportunities and one way sprints as needed.
Two lanes will be available for warm down in the water park pool once the meet begins.*

Friday Warm-up, 3:00-4:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SEA	CWAC	CWAC	EBSC	FOX	FOX	HPAC	MMSC	STAT, WEST	WHTN

Saturday AM 12&U Warm-up, 8:00-9:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SEA	CWAC	CWAC	EBSC	FOX	FOX	HPAC	MMSC	STAT, JAG, WEST	WHTN

Saturday PM Open Warm-up, 1:23-2:23 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SEA	CWAC	CWAC	EBSC	FOX	FOX	MMSC`	MMSC	HPAC, STAT	WHTN, FMC