

SUMMER July 20-23, 2011 SCS CSREGVIII
WARM UP SESSION LANE ASSIGNMENT
SESSION 1 6:45 AM – 7:20 AM
COMPETITIVE POOL LANES

ONE	TWO	THREE	FOUR	FIVE	SIX	SEVEN	EIGHT
BGCD-OZ CBSC-MW GNST-MW JETS-AR MM-MV NLU-MV PSST-OK SAC-MV SCM-MW WNYN-MV YOSI-OZ SCSC-MW	ST-OK SO-MW	TST-MV JCKW- AR	PKWY-OZ	EDWY-OZ	RPLZ-OZ MOST-MW	LSS-MW ACE-MW TCAY-OZ	SEAL-OZ SABW-MV COOL-MV FSTR-AR HASC-MV NLU-MW

WARM UP POOL

WARM UP POOL 8 LANES 25 YARD VENUE. LANES ARE NUMBERED 1-8 BEGINNING WITH LANE 1 NEAREST TO THE COMPETITION POOL. IN THE 1ST SESSION ALL LANES ARE UN ASSIGNED AND OPEN FOR ANY TEAMS OR UNATTACHED ATHLETES NOT LISTED FOR WARM UP ASSIGNMENT.

SESSION 2 7:20 AM – 7:55 AM
COMPETITIVE POOL LANES

ONE	TWO	THREE	FOUR	FIVE	SIX	SEVEN	EIGHT
MAC-MW JTSC-OK GATOR-OZ WAS-MV	SPA-AR HAWG-AR NWAA-AR	WSC-MV	CSC-MV	GOAL-MW AAAA-MV	HUSK-MW NWSC-MV LA-MV SALU-OZ	MSA-MV HLA-MV TD-MV	SSC-OK FAST-OZ CPSC-OK

WARM UP POOL 8 LANES 25 YARD VENUE. LANES ARE NUMBERED 1-8 BEGINNING WITH LANE 1 NEAREST TO THE COMPETITION POOL. IN THE 2ND SESSION ALL LANES ARE UNASSIGNED AND OPEN FOR ANY TEAMS OR UNATTACHED ATHLETES NOT LISTED FOR WARM UP ASSIGNMENT.

SESSION 3 7:55 AM – 8:30 AM
COMPETITIVE POOL LANES

ONE	TWO	THREE	FOUR	FIVE	SIX	SEVEN	EIGHT
KA-MV TSA-MV	UMIZ-MV	KCB-MV	KCB-MV	RSCA-OZ	RSCA-OZ	CSP-OZ	CSP-OZ LRAD-AR

WARM UP POOL 8 LANES 25 YARD VENUE. LANES ARE NUMBERED 1-8 BEGINNING WITH THE LANE NEAREST THE COMPETITION POOL. IN THE 3RD SESSION LANE 5 IS ASSIGNED TO RSCA-OZ AND LANES 7-8 ARE ASSIGNED TO CSC-OK. ALL OTHER LANES ARE OPEN FOR ANY TEAMS OR UNATTACHED ATHLETES NOT LISTED FOR WARM UP ASSIGNMENT.

Wed/Thurs/Fri/Sat	Prelims		
	8:30am to 8:50am	Lanes 1 & 8	Push-Pace
		Lanes 2,3,6&7	One way sprint/starts
		Lanes 4 & 5	General Warm up circle swimming
Day of 50 free	8:40am to 8:50am	Lanes 2 thru 7	One way sprint/starts @ start end
	8:50am	Clear Pool	Pool Closed

LANE ASSIGNMENTS ARE BASED ON THE RETURN OF THE OFFICIAL WARM UP REQUEST/LANE ASSIGNMENT FORM AND THEN USING THE SUMMER 2010 LC SCS CS REG VIII FINAL TEAM RESULTS TO ASSIGN LANES.

PMT CS REG VIII CHAIR