

**2010 Long Course Kick Off Swim Meet  
WARM-UP LANE ASSIGNMENTS**

**Friday PM**

Warm-ups 4:00 – 4:50 PM

1	2	3	4	5	6	7	8
GATR	GATR	PKWY	PKWY	PKWY HEAT	FAST	FAST	FAST JCAY PST SALU SCCY

**Saturday AM**

Warm-ups 7:00 – 7:50 AM

1	2	3	4	5	6	7	8
FAST	FAST	FAST PST	GATR	GATR HEAT	PKWY	PKWY JCAY	EDWY SALU PBPB

**Saturday PM**

Warm-ups at end of AM session (not before 12:00 pm)

1	2	3	4	5	6	7	8
PKWY	PKWY	PKWY HEAT	FAST	FAST	GATR	GATR JCAY MYST PST	EDWY PBPB SALU SCCY

**Sunday AM**

Warm-ups 7:00 – 7:50 AM

1	2	3	4	5	6	7	8
FAST	FAST	PBPB FAST	PKWY	PKWY HEAT	EDWY JCAY SALU	GATR	GATR PST

**Sunday PM**

Warm-ups at end of AM session (not before 12:00 pm)

1	2	3	4	5	6	7	8
GATR	GATR PBPB	FAST	FAST	PKWY	PKWY HEAT	EDWY JCAY MYST PST	SALU SCCY