

Saturday Morning Warm - up

Session 1 6:00-6:30AM

SESSION 1: 6:00-6:30am in the SHALLOW & DEEP ENDS - NO DIVING!!
SESSION 2: 6:30-7:00am in the SHALLOW & DEEP ENDS - NO DIVING!!
From 7:00-7:20am ONE WAY SPRINTS in DEEP END & General Pace work in SHALLOW END

		SESSION 1				DEEP END										
LANE		1	2	3	4	5	6	7	8							
	RRVY	12	BDOG	6	LSS	8	WFF	12	ECY	9	BSC	7	HAST	10	SEAL	4
	CIA	1	MCA	7	HUT	5	ASC	1	JETS	4	RWSC	2	AA	2	SSC	4
											RICH	4	UN-SD	1	GNST	2
															FRBO	1
															SFX	1
		13		13		13		13		13		13		13		12
		SESSION 1				SHALLOW END										
LANE		1	2	3	4	5	6	7	8							
	ROC	15	ROC	14	ROC	14	ROC	14	TWIN	10	STRM	13	SEMS	16	RCR	6
									MAN	2					SHRK	5
															WEST	1
		15		14		14		14		12		13		16		12

TOTAL 213

These are the lane assignments between 6:00 to 6:30am.

From 7:00 - 7:20 The ENTIRE Deep end will be open for starts and the Shallow end will be open for pace work
 While lanes are assigned, coaches may supervise dive in sprints in their assigned lanes as long as all teams
 in the lane agree to it. Once a lane begins sprints, any swimmer may use it.

Saturday Morning Warm - up

Session 2 6:30-7:00AM

SESSION 1: 6:00-6:30am in the SHALLOW & DEEP ENDS - NO DIVING!!
SESSION 2: 6:30-7:00am in the SHALLOW & DEEP ENDS - NO DIVING!!
From 7:00-7:20am ONE WAY SPRINTS in DEEP END & General Pace work in SHALLOW END

		SESSION 2 DEEP END							
LANE		1	2	3	4	5	6	7	8
		EDI 14	EDI 14	FOXJ 14	FOXJ 14	SCSC 13	SCSC 8 UN-MN 2 PST 1	AQJT 14	AQJT 15
		14	14	14	14	13	11	14	15
		SESSION 2 SHALLOW END							
LANE		1	2	3	4	5	6	7	8
		STAR 14	M3F 9	WOLF 15	BLA 14	BLA 13	NSAC 12	NHCP 12	NHCP 8 HOP 4 HASA 1
		14	9	15	14	13	12	12	13

TOTAL 211

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in the lane agree to it. Once a lane begins sprints, any swimmer may use it.

Saturday Afternoon Warm - up 12:00 - 1:20pm

SESSION 1: 12:00-12:30pm in the SHALLOW END
SESSION 2: 12:30-1:00pm in the SHALLOW END
From 1:00-1:20pm ONE WAY SPRINTS in DEEP END & General Pace work in SHALLOW END

SESSION 1: 12:00-12:30pm SHALLOW END								
LANE	1	2	3	4	5	6	7	8
	ROC 27	M3F 6 NHCP 7 SEMS 7 BDOG 5	EDI 29	HOP 16 STAR 11	HAST 21 MAN 6	AQJT 27	AQJT 26 ECY 1	13 & O Warm-up & Cool Down Only 0
	27	25	29	27	27	27	27	0

SESSION 2: 12:30-1:00pm SHALLOW END								
LANE	1	2	3	4	5	6	7	8
	ROC 27	ROC 26 HLA 1	SCSC 13 LSS 11	STRM 15 NSAC 10	GNST 10 WOLF 9 MCA 8	FOXJ 16 JETS 10	BLA 18 WEST 4 BAC 1	FRBO 4 HASA 3 MAC 3 RWSC 3 BSC 3 AA 2 TWIN 2 CIA 2 SSC 1 SHRK 1 SEAL 1 SFX 1 STC 1
	27	27	24	25	27	26	23	27

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From 7:00-7:20am ONE WAY SPRINTS in DEEP END & General Pace work in SHALLOW END

		SESSION 1 DEEP END							
LANE	1	2	3	4	5	6	7	8	
	STAR 14	M3F 9 UN-MN 2 PST 1	WOLF 15	BLA 12	BLA 11	NSAC 13	NHCP 13	NHCP 7 HOP 4	
	14	12	15	12	11	13	13	11	
		SESSION 1 SHALLOW END							
LANE	1	2	3	4	5	6	7	8	
	EDI 14	EDI 13	FOXJ 13	FOXJ 8 SCSC 4	SCSC 13	AQJT 12	AQJT 12	AQJT 10 IFLY 1	
	14	13	13	12	13	12	12	11	

TOTAL 201

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From 7:00-7:20am ONE WAY SPRINTS in DEEP END & General Pace work in SHALLOW END

		SESSION 2 DEEP END														
LANE		1	2	3	4	5	6	7	8							
	ROC	15	ROC	14	ROC	14	ROC	14	TWIN	8	STRM	13	SEMS	16	RCR	6
									SHRK	4					GNST	2
															WEST	1
															SFX	1
															MAN	1
		15	14	14	14	12	13	16								11
		SESSION 2 SHALLOW END														
LANE		1	2	3	4	5	6	7	8							
	RRVY	12	MCA	7	LSS	8	WFF	12	ECY	9	BSC	7	HAST	10	SEAL	4
	CIA	1	BDOG	6	HUT	4			FRBO	4	RICH	4	JETS	3	SSC	4
											RWSC	1			AA	2
															UN-SD	1
															ASC	1
		13	13	12	12	13	12	13								12

TOTAL 209

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Sunday Afternoon Warm - up 12:00 - 1:20pm

SESSION 1: 12:00-12:30pm in the SHALLOW END
SESSION 2: 12:30-1:00pm in the SHALLOW END
From 1:00-1:20pm ONE WAY SPRINTS in DEEP END & General Pace work in SHALLOW END

SESSION 1: 12:00-12:30pm SHALLOW END

LANE	1	2	3	4	5	6	7	8
	ROC 25	BDOG 5	SCSC 13	STRM 15	GNST 10	FOXJ 12	BLA 18	13 & O Warm-up & Cool Down Only
	HLA 1	HASA 4	LSS 10	MCA 8	WOLF 9	JETS 9	BAC 1	
		BSC 3		TWIN 2	NSAC 6	STC 3	WEST 5	
		MAC 3						
		FRBO 3						
		ECY 1						
		RWSC 1						
		CIA 2						
		SEAL 1						
		AA 2						
	26	25	23	25	25	24	24	0

SESSION 2: 12:30-1:00pm SHALLOW END

LANE	1	2	3	4	5	6	7	8
	ROC 26	ROC 26	EDI 26	HOP 18	HAST 20	AQJT 27	AQJT 26	STAR 10
				NHCP 7	SEMS 6			M3F 6
								MAN 5
								CIA 2
								SFX 1
	26	26	26	25	26	27	26	24