

Summer 2011 Warm-up Assignments for Thursday, Friday, Saturday and Sunday Prelim Sessions for 13 & Over State Championships *

Thursday, July 28			Friday, July 29			Saturday, July 30			Sunday, July 31		
<i>Warm-up Session #1 (7:30-8:00 AM)</i>			<i>Warm-up Session #1 (7:30-8:00 AM)</i>			<i>Warm-up Session #1 (7:30-8:00 AM)</i>			<i>Warm-up Session #1 (7:30-8:00 AM)</i>		
Lane 1	WEST	33	Lane 1	DFAC - WAM	32	Lane 1	WEST	33	Lane 1	DFAC - OSHY	31
Lane 2	WEST (29) - TOSA (4)	33	Lane 2	EBSC - ECY	32	Lane 2	WEST	33	Lane 2	WAVE - BAC	31
Lane 3	SWAT	34	Lane 3	PX3 - MSS - WOW	32	Lane 3	LAKE	35	Lane 3	EBSC - SEA	31
Lane 4	SWAT (13) - OCON (20)	33	Lane 4	WAVE - BAC - HSSB	32	Lane 4	LAKE (19) - OCON (17)	36	Lane 4	PX3 - MFSC	33
Lane 5	LAKE	34	Lane 5	GBY - MFSC - FCY	32	Lane 5	SWAT	35	Lane 5	GBY - NBSC - MSS	31
Lane 6	LAKE (9) - SHOR (20) - BAT (5)	34	Lane 6	WBSC - NBSC - SEA	32	Lane 6	SWAT (12) - SHOR (19)	31	Lane 6	ECY - FCY - TIDE - WAM	32
Lane 7	SSTY	34	Lane 7	VAC - WRAT - J-HK - FAST	32	Lane 7	SSTY - BAT	35	Lane 7	J-HK - WBSC - GBSC - VAC - FSC	31
Lane 8	OZ	35	Lane 8	TIDE - GYST - FSC - GBSC SCSC - ASC - UNAT - SCST - SPDY	32	Lane 8	OZ - FAST	35	Lane 8	WRAT - GYST - SPDY - SCSC - ASC BB - NEAT - NLAC - WOW - YDC - UNAT	27
Thursday, July 28			Friday, July 29			Saturday, July 30			Sunday, July 31		
<i>Warm-up Session #2 (8:00-8:30 AM)</i>			<i>Warm-up Session #2 (8:00-8:30 AM)</i>			<i>Warm-up Session #2 (8:00-8:30 AM)</i>			<i>Warm-up Session #2 (8:00-8:30 AM)</i>		
Lane 1	EBSC - SCSC	34	Lane 1	WEST	32	Lane 1	EBSC	33	Lane 1	WEST	30
Lane 2	DFAC - FAST	34	Lane 2	WEST	32	Lane 2	DFAC - PX3 - STAR - WOW	35	Lane 2	WEST	30
Lane 3	PX3 - GBY - J-HK	35	Lane 3	LAKE	32	Lane 3	WAVE - MFSC	34	Lane 3	LAKE	30
Lane 4	WAVE - NBSC - FSC	34	Lane 4	LAKE (7) - OCON (16) - OSHY (8) - NLAC (1)	32	Lane 4	GBY - SEA - NBSC	35	Lane 4	LAKE (5) - SHOR (21)	26
Lane 5	MFSC - WBSC - WRAT	34	Lane 5	SWAT	32	Lane 5	WBSC - MSS - J-HK - HSSB	36	Lane 5	OZ	34
Lane 6	MSS - BAC - ECY - GBSC	34	Lane 6	SWAT (6) - SHOR (22) - TOSA (4)	32	Lane 6	WRAT - BAC - OSHY - GYST	36	Lane 6	SSTY	31
Lane 7	SEA - TIDE - WAM - GYST	34	Lane 7	OZ	34	Lane 7	TIDE - WAM - ECY - GBSC - VAC	35	Lane 7	SWAT - FAST	31
Lane 8	VAC - FCY - HSSB - UNAT - ASC OSHY - SCST - SPDY - STAR - WOW	34	Lane 8	SSTY - BAT	32	Lane 8	FSC - FCY - TOSA - SCSC SCST - SPDY - ASC - UNAT	33	Lane 8	OCON - BAT - TOSA	31
Thursday, July 28			Friday, July 29			Saturday, July 30			Sunday, July 31		
<i>Warm-up Session #3 (8:30-8:50 AM)</i>			<i>Warm-up Session #3 (8:30-8:50 AM)</i>			<i>Warm-up Session #3 (8:30-8:50 AM)</i>			<i>Warm-up Session #3 (8:30-8:50 AM)</i>		
Lane 1	Pace		Lane 1	Pace		Lane 1	Pace		Lane 1	Pace	
Lane 2	Sprint		Lane 2	Sprint		Lane 2	Sprint		Lane 2	Sprint (from south end)	
Lane 3	Sprint		Lane 3	Sprint		Lane 3	Sprint		Lane 3	Sprint	
Lane 4	Circle		Lane 4	Circle		Lane 4	Circle		Lane 4	Circle	
Lane 5	Circle		Lane 5	Circle		Lane 5	Circle		Lane 5	Circle	
Lane 6	Sprint		Lane 6	Sprint		Lane 6	Sprint		Lane 6	Sprint	
Lane 7	Sprint		Lane 7	Sprint		Lane 7	Sprint		Lane 7	Sprint (from south end)	
Lane 8	Pace		Lane 8	Pace		Lane 8	Pace		Lane 8	Pace	

Warm-ups for these four sessions will be 90 minutes divided into: two 30 minute sessions & one 20 minute session.

All Final, Mile and Time Trial sessions will be general warm-up sessions (pace and sprint lanes will be opened as needed).

Sprint lanes will begin from the north end of the pool, unless specified in the information above (see Sunday Warm-up Session #3).

The warm water lap pool north of the main competition pool will be open for your warm-up/warm-down needs, please inform your swimmers to behave.

* Subject to change

RE-POST!

last updated (07/26/11)