

WARM UP LANE ASSIGNMENTS

7/10/19

Warm up lanes have been assigned based on the number of swimmers entered for each team. As last year, this year, your number of lanes is based on the worst case session you have for warm-ups. This should alleviate some confusion as you will now ALWAYS warm up in the same lanes regardless of warm-up session assignment. We continue to run TWO sessions (early and late) of warm ups. If you are early session on day 1, you are late session on day 2. There are 10 lanes in the SOUTH pool denoted S0-S9 (s0 and s9 will not have blocks for warmups and ARE NOT competition lanes). There are 8 lanes in the NORTH pool denoted N1-N8. (See Lane and Deck Layout PDF on www.swimrcsl.org, Forms and Documents). Here are the warm up lane assignments.

Saturday Early/Sunday Late Teams: BLOS, LILY, MCST, MNSO, SHER, SJST, WHBG, VHCC

Saturday Late/Sunday Early Teams: CHAP, BYRD, CAML, GREN, HAMC, JVRA, MTSP, PIED, RSAL, YMCA

Saturday Early, Sunday Late	Sat AM (7:15-7:45)	Sat PM (11:45-12:15)	Sun AM (7:45-8:15)	Sun PM (12:15-12:45)
BLOS	S0-S2	S0-S2	S0-S2	S0-S2
MNSO	S3-S4	S3-S4	S3-S4	S3-S4
SJST	S5-S7	S5-S7	S5-S7	S5-S7
VHCC	S8-S9	S8-S9	S8-S9	S8-S9
LILY	N1-N2	N1-N2	N1-N2	N1-N2
MCST	N3-N4	N3-N4	N3-N4	N3-N4
SHER	N5-N6	N5-N6	N5-N6	N5-N6
WHBG	N7-N8	N7-N8	N7-N8	N7-N8

Saturday Late, Sunday Early	Sat AM (7:45-8:15)	Sat PM (12:15-12:45)	Sun AM (7:15-7:45)	Sun PM (11:45-12:15)
CHAP	S0	S0	S0	S0
HAMC	S1-S2	S1-S2	S1-S2	S1-S2
RSAL	S3	S3	S3	S3
JVRA	S4-S6	S4-S6	S4-S6	S4-S6
PIED	S7	S7	S7	S7
YMCA	S8-S9	S8-S9	S8-S9	S8-S9
BYRD	N1-N2	N1-N2	N1-N2	N1-N2
CAML	N3-N4	N3-N4	N3-N4	N3-N4
GREN	N5-N6	N5-N6	N5-N6	N5-N6
MTSP	N7-N8	N7-N8	N7-N8	N7-N8