

**Warm-Up Lane Assignments** - Teams were assigned lanes based on the number of swimmers per session. We tried to divide lanes up as evenly as possible.

<b>Session 1 – Friday pm</b>				
<b>4:30 – 5:00</b>		<b>5:00 – 5:30</b>		<b>5:30 – 5:50 Open to any swimmers</b>
Lane 1	HEAT	Lane 1	RED	Lane 1 – Push-Pace swims
Lane 2	HEAT	Lane 2	RED	Lane 2 – Push -Pace swims
Lane 3	HEAT	Lane 3	RKSA	Lane 3 – Dive Starts/Sprints
Lane 4	HEAT	Lane 4	RKSA	Lane 4 – Continuous swim
Lane 5	MARL	Lane 5	LWSA	Lane 5 – Continuous swim
Lane 6	BNY	Lane 6	LWSA	Lane 6 – Dive Starts/Sprints
Lane 7	PHNX / LGSC	Lane 7	LWSA / DOCS	Lane 7 – Push -Pace swims
Lane 8	DSC / UN-IL	Lane 8	DOCS	Lane 8 – Push -Pace swims

<b>Session 2 – Saturday am</b>				
<b>7:00 – 7:30</b>		<b>7:30 – 8:00</b>		<b>8:00 – 8:20 Open to any swimmers</b>
Lane 1	HEAT	Lane 1	JAC	Lane 1 – Push-Pace swims
Lane 2	HEAT	Lane 2	RKSA	Lane 2 – Push -Pace swims
Lane 3	HEAT	Lane 3	RKSA	Lane 3 – Dive Starts/Sprints
Lane 4	RED	Lane 4	RKSA	Lane 4 – Continuous swim
Lane 5	RED	Lane 5	DOCS	Lane 5 – Continuous swim
Lane 6	PHNX	Lane 6	LWSA	Lane 6 – Dive Starts/Sprints
Lane 7	MARL	Lane 7	LWSA	Lane 7 – Push -Pace swims
Lane 8	DSC / LGSC	Lane 8	LWSA	Lane 8 – Push -Pace swims

<b>Session 3 – Saturday pm (assuming warm-ups begin at noon)</b>				
<b>12:00 – 12:30</b>		<b>12:30 – 1:00</b>		<b>1:00 – 1:20 Open to any swimmers</b>
Lane 1	DSC	Lane 1	RED	Lane 1 – Push-Pace swims
Lane 2	DSC	Lane 2	RED	Lane 2 – Push -Pace swims
Lane 3	HEAT	Lane 3	LWSA	Lane 3 – Dive Starts/Sprints
Lane 4	HEAT	Lane 4	LWSA	Lane 4 – Continuous swim
Lane 5	HEAT	Lane 5	LWSA	Lane 5 – Continuous swim
Lane 6	PHNX	Lane 6	DOCS	Lane 6 – Dive Starts/Sprints
Lane 7	RKSA	Lane 7	MARL	Lane 7 – Push -Pace swims
Lane 8	RKSA / UN-IL	Lane 8	MARL / LGSC / JAC	Lane 8 – Push -Pace swims

**Session 4** (1650 Free) warm-ups will begin after completion of Session 3

<b>Session 5 – Sunday am</b>				
<b>7:00 – 7:30</b>		<b>7:30 – 8:00</b>		<b>8:00 – 8:20 Open to any swimmers</b>
Lane 1	JAC	Lane 1	LWSA	Lane 1 – Push-Pace swims
Lane 2	RED	Lane 2	LWSA	Lane 2 – Push -Pace swims
Lane 3	RED	Lane 3	LWSA	Lane 3 – Dive Starts/Sprints
Lane 4	RKSA	Lane 4	LWSA	Lane 4 – Continuous swim
Lane 5	RKSA	Lane 5	MARL	Lane 5 – Continuous swim
Lane 6	HEAT	Lane 6	DOCS	Lane 6 – Dive Starts/Sprints
Lane 7	HEAT	Lane 7	DOCS / PHNX	Lane 7 – Push -Pace swims
Lane 8	HEAT	Lane 8	LGSC / DSC	Lane 8 – Push -Pace swims

<b>Session 6 – Sunday pm (assuming warm-ups begin at noon)</b>				
<b>12:00 – 12:30</b>		<b>12:30 – 1:00</b>		<b>1:00 – 1:20 Open to any swimmers</b>
Lane 1	PHNX	Lane 1	BNY / LGSC / UN-IL	Lane 1 – Push-Pace swims
Lane 2	RED	Lane 2	LWSA	Lane 2 – Push -Pace swims
Lane 3	RED	Lane 3	LWSA	Lane 3 – Dive Starts/Sprints
Lane 4	HEAT	Lane 4	LWSA	Lane 4 – Continuous swim
Lane 5	HEAT	Lane 5	DOCS	Lane 5 – Continuous swim
Lane 6	HEAT	Lane 6	MARL	Lane 6 – Dive Starts/Sprints
Lane 7	HEAT / DSC	Lane 7	RKSA	Lane 7 – Push -Pace swims
Lane 8	DSC	Lane 8	RKSA	Lane 8 – Push -Pace swims