

2017 AD LC CHAMPS Warm-up Assignments

Friday AM 13 & O

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|-----------|--------|--------|--------|-------------|--------------|---------------------------|
| 7:00-7:22 | SCHE | SCHE | SCHE | BFIN | DELM | CLIN WAVE |
| 7:22-7:44 | CPP | CPP | ALBS | ALBS NTS | EELS GLFY | NHA HAWK GLEN UN |
| 7:44-7:55 | SPRINT | SPRINT | GEN | GEN | SPRINT | SPRINT |

Friday Afternoon 12 & U

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|-------------|--------|--------|---------|---------|-------------|-----------------------------------|
| 12:00-12:22 | CPP | CPP | ALBS | ALBS | EELS | CLIN |
| 12:22-12:44 | DELM | DELM | SCHE | SCHE | BFIN NHA | NTS GLEN GLFY HAWK UN |
| 12:44-12:55 | SPRINT | SPRINT | GENERAL | GENERAL | SPRINT | SPRINT |

Friday PM 13 & O

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|-----------|-----------------------------------|--------|---------|---------|--------|--------|
| 4:30-5:00 | General Warm up/No assigned lanes | | | | | |
| 5:00-5:15 | SPRINT | SPRINT | GENERAL | GENERAL | SPRINT | SPRINT |

Saturday AM 13 & O

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|-----------|--------|--------|--------|--------|-------------|---|
| 7:00-7:22 | SCHE | SCHE | SCHE | ALBS | ALBS | CLIN GLFY |
| 7:22-7:44 | CPP | CPP | BFIN | DELM | EELS NHA | HAWK NTS GLEN WAVE UN USAM |
| 7:44-7:55 | SPRINT | SPRINT | GEN | GEN | SPRINT | SPRINT |

Saturday Afternoon 12 & U

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|-------------|--------|-------------|---------|---------|---------------------------|-----------------------------|
| 11:45-12:07 | SCHE | SCHE NTS | EELS | DELM | DELM NHA | CLIN |
| 12:07-12:29 | CPP | CPP | ALBS | ALBS | BFIN TBS UN USAM | GLEN GLFY HAWK GUU |
| 12:29-12:40 | SPRINT | SPRINT | GENERAL | GENERAL | SPRINT | SPRINT |

Saturday PM 13 & O

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|-----------|-----------------------------------|--------|---------|---------|--------|--------|
| 4:00-4:30 | General Warm up/No assigned lanes | | | | | |
| 4:30-4:45 | SPRINT | SPRINT | GENERAL | GENERAL | SPRINT | SPRINT |

Sunday AM 13 & O

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|-----------|--------|--------|--------|--------------|--------------|----------------------------------|
| 7:00-7:22 | CPP | CPP | ALBS | ALBS HAWK | BFIN | CLIN GATE |
| 7:22-7:44 | SCHE | SCHE | SCHE | DELM | EELS GLFY | NHA NTS GLEN WAVE UN |
| 7:44-7:55 | SPRINT | SPRINT | GEN | GEN | SPRINT | SPRINT |

Sunday Afternoon 12 & U

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|-----------|--------|--------|---------|---------|---------------------------------|--------|
| 1:00-1:22 | CPP | CPP | SCHE | SCHE | NTS GUY GLFY NHA UN | CLIN |
| 1:22-1:44 | ALBS | ALBS | DELM | DELM | BFIN GLEN HAWK | EELS |
| 1:44-1:55 | SPRINT | SPRINT | GENERAL | GENERAL | SPRINT | SPRINT |

Sunday PM 13 & O

| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 |
|-----------|-----------------------------------|--------|---------|---------|--------|--------|
| 5:30-6:00 | General Warm up/No assigned lanes | | | | | |
| 6:00-6:15 | SPRINT | SPRINT | GENERAL | GENERAL | SPRINT | SPRINT |