

Regional Championships Warm-up, Friday PM February 25, 2022

Warm Up: 5:30 PM, Start: 6:30 PM

Session1		5:30-5:55	Session 2		5:55-6:15
Lane	Age	Team	Lane	Age	Team
1	13/O	LEHY -7 WWRX-1	1	12/U	LEHY-8
2	13/O	LEHY-6 FVYT-3	2	12/U	MJCC-7
3	13/O	OAK-11	3	12/U	WWRX-6
4	13/O	IVY-5 SAQ-2 GLAS-1	4	12/U	OAK-6
5	13/O	MJCC-8 NCA-1	5	12/U	CAT-3 FVYT-2 IVY-3
6	13/O	MJCC-4 NSC-2 NCYL-1	6	12/U	NCA-3 SAQ-2

Sprints	6:15-6:25
Lane1	Pace
Lane2	One Way Sprints
Lane3	One Way Sprints
Lane4	One Way Sprints
Lane5	One Way Sprints
Lane6	Circle

Regional Championships Warm-up, Saturday AM February 26, 2022

Warm Up: 7:15 AM, Start Time: 8:35 AM

Session 1			7:15 – 7:35			Session 1			7:35 – 7:55		
Lane	Age	Teams		Lane	Age	Teams					
1	12/U Girls	LEHY-12		1	12/U Girls	WWRX-12					
2	12/U Girls	LEHY12		2	12/U Girls	FVYT-12					
3	12/U Girls	MJCC-11		3	12/U Girls	NSC-9					
4	12/U Girls	MJCC-12		4	12/U Girls	TAC-5 SAQ-2 MSC-3					
5	12/U Girls	IVY-12		5	12/U Girls	CAT-5 NCA-3 GLAS-2					
6	12/U Girls	IVY-13		6	12/U Girls	OAK-10					

Session 3			7:55 – 8:20		
Lane	Age	Teams			
1	13/O Boys	LEHY-5 NWYT-2 MSC-1			
2	13/O Boys	LEHY-9 CAT-1			
3	13/O Boys	WWRX-7 NSC-3			
4	13/O Boys	OAK-6 NCA-3			
5	13/O Boys	FVYT- 5 SAQ-4			
6	13/O Boys	IVY-7 TAC-2			

Sprints	8:20 – 8:30
Lane 1	One Way Sprints
Lane 2	One Way Sprints
Lane 3	One Way Sprints
Lane 4	One Way Sprints
Lane 5	One Way Sprints
Lane 6	Pace

Regional Championships Warm-up, Saturday PM February 26, 2022

Warm Up: 12:00 PM, Start: 1:25 PM

Session 1			12:00 – 12:20			Session 2			12:20 – 12:45		
Lane	Age	Teams		Lane	Age	Teams					
1	12/U Boys	MJCC-12		1	12/U Boys	12:20-12:40 NCA- 4 TAC-4 GLAS-3					
2	12/U Boys	IVY-12		2	13/O Girls	NCA-7 GLAS-3					
3	12/U Boys	FVYT-10 SAQ-1		3	13/O Girls	TAC-6 CAT-4					
4	12/U Boys	OAK-5 NSC-5 NWYL-1		4	13/O Girls	MJCC-9					
5	12/U Boys	LEHY-12		5	13/O Girls	MJCC-9					
6	12/U Boys	LEHY-6 WWRX-4 CAT-2		6	13/O Girls	MJCC-7 NWYL-1					

Session 3			12:45 – 1:10		
Lane	Age	Teams			
1	13/O Girls	FVYT-10			
2	13/O Girls	FVYT-5 NSC-5			
3	13/O Girls	OAK-8 SAQ-1 MSC-1			
4	13/O Girls	IVY-9			
5	13/O Girls	IVY-10			
6	13/O Girls	LEHY-11			

Sprints	1:10 – 1:20
Lane 1	Pace
Lane 2	One Way Sprints
Lane 3	One Way Sprints
Lane 4	One Way Sprints
Lane 5	One Way Sprints
Lane 6	Pace

Regional Championships Warm-up, Sunday AM February 27, 2022

Warm-Up Time: 7:15 AM, Start Time: 8:35 AM

Session 1			7:15 – 7:40			Session 2			7:40 – 8:00		
Lane	Age	Teams		Lane	Age	Teams		Lane	Age	Teams	
1	13/O Boys	LEHY-7 OAK-6		1	12/U Girls	FVYT-12					
2	13/O Boys	LEHY-9 SAQ-4		2	12/U Girls	FVYT-5 TAC-3 NYWL-2					
3	13/O Boys	MJCC-9 NWYL-3		3	12/U Girls	OAK-11					
4	13/O Boys	IVY-8 NCA-4		4	12/U Girls	WWRX-12					
5	13/O Boys	FVYT-9 TAC-2		5	12/U Girls	IVY-11					
6	13/O Boys	WWRX-7 MSC-1 NSC-2 CAT-1		6	12/U Girls	IVY-10 HYT-1					

Session 3			8:00 – 8:20		
Lane	Age	Teams			
1	12/U Girls	NSC-9 SAQ-3			
2	12/U Girls	CAT-5 GLAS-3 NCA-3			
3	12/U Girls	LEHY-10			
4	12/U Girls	LEHY-8 MSC-4			
5	12/U Girls	MJCC-12			
6	12/U Girls	MJCC-12			

Sprints	8:20 – 8:30
Lane 1	Pace
Lane 2	One Way Sprints
Lane 3	One Way Sprints
Lane 4	One Way Sprints
Lane 5	One Way Sprints
Lane 6	Pace

Regional Championships Warm-up, Sunday PM February 27, 2022

Warm-Up Time: 1:00 PM, Start: 2:25 PM

Session 1			1:00 – 1:25			Session 2			1:25 – 1:50		
Lane	Age	Teams		Lane	Age	Teams					
1	13/O Girls	LEHY-11		1	12 U Boys	1:25-1:45 MJCC-12					
2	13/O Girls	TAC-5 GLAS-3 NWYL-2		2	13/O Girls	MJCC-12					
3	13/O Girls	NCA-8 MSC-2		3	13/O Girls	MJCC-12					
4	13/O Girls	CAT-4 NSC-5 SAQ-1		4	13/O Girls	FVYT-11					
5	13/O Girls	IVY-10		5	13/O Girls	FVYT-11					
6	13/O Girls	IVY-9		6	13/O Girls	OAK-10					

Session 3			1:50-2:10		
Lane	Age	Teams			
1	12/U Boys	WWRX-4 OAK-5 CAT-2			
2	12/U Boys	IVY-13			
3	12/U Boys	FVYT-8 TAC-4			
4	12/U Boys	NSC-7 NCA-4 NWYL-1			
5	12/U Boys	LEHY-7 GLAS-3 SAQ-1			
6	12/U Boys	LEHY-12			

Sprints	2:10 – 2:20
Lane 1	Pace
Lane 2	One Way Sprints
Lane 3	One Way Sprints
Lane 4	One Way Sprints
Lane 5	One Way Sprints
Lane 6	Pace