

Warm-Up Assignments
2023 SC Regional Championships—Friday Distance

Friday Distance Session

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
13/O, 5:00-5:25 PM	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
12/U, 5:25-5:45 PM	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
Specific, 8:45-9:00 PM	Pace	One Way Sprint	One Way Sprint	One Way Sprint	Circle Swim	Circle Swim	One Way Sprint	One Way Sprint	One Way Sprint	Pace