

Warm-Up Assignments

2024 SC Regional Championships—Saturday & Sunday

Saturday AM, 12&U Girls & 13&O Boys

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
13&O Boys, 8:00-8:30 AM	BSPL	LST	FINS	SEAL	NSC	RAYS	WRTS	YCST
12&U Girls, 8:30-8:55 AM	FINS + LST	FINS	SEAL + BPSL	NSC + NWYL	NSC	RAYS	RAYS	WRTS + YCST
Specific, 8:55-9:10 AM	Pace	One Way Sprint	One Way Sprint	Circle Swim	Circle Swim	One Way Sprint	One Way Sprint	Pace

Saturday PM, 12&U Boys & 13&O Girls

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
13&O Girls, 1:15-1:45 PM	WRTS + YCST	BSPL + FINS	NSC + NWYL	SEAL	SEAL	RAYS	RAYS	RAYS
12&U Boys, 1:45-2:10 PM	BSPL	LST	NSC	SEAL	NSC + NWYL	RAYS + FINS	RAYS	YCST
Specific, 2:10-2:25 PM	Pace	One Way Sprint	One Way Sprint	Circle Swim	Circle Swim	One Way Sprint	One Way Sprint	Pace

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Sunday AM, 12&U Girls & 13&O Boys

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12&U Girls, 8:00-8:30 AM	LST + WRTS	RAYS	RAYS	FINS	SEAL	NSC	NSC + BPSL	YCST + NWYL
13&O Boys, 8:30-8:55 AM	BSPL	LST	FINS	SEAL	NSC	RAYS	WRTS	YCST
Specific, 8:55-9:10 AM	Pace	One Way Sprint	One Way Sprint	Circle Swim	Circle Swim	One Way Sprint	One Way Sprint	Pace

Sunday PM, 12&U Boys & 13&O Girls

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12&U Boys, 1:15-1:45 PM	LST	BSPL + FINS	NWYL + WRTS	SEAL	NSC	NSC + RAYS	RAYS	YCST
13&O Girls, 1:45-2:10 PM	BSPL + FINS	NWYL + WRTS + YCST	NSC + LST	SEAL	SEAL	RAYS	RAYS	RAYS
Specific, 2:10-2:25 PM	Pace	One Way Sprint	One Way Sprint	Circle Swim	Circle Swim	One Way Sprint	One Way Sprint	Pace

