

CONNECTICUT SWIMMING 2020 SC REGIONALS CHAMPIONSHIPS

WARM UP ASSIGNMENT

FRIDAY PM

LANES	1	2	3	4	5	6	7	8	9	10	11	12	13	14
4-4:30	CPAC	CPAC	CPAC	CPAC	CPAC	SHKS	SHKS PSDY	PSDY	GYWD	GYWD	GYWD	WEST	GRYM WEST	GRYM
	12U	12U	12U	12U	13O	12U	13O	12U	13O	12U	12U	12U	13O	12U
4:30- 4:50	PACE	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	PACE						
		CPAC	CPAC	GRYM	WEST	GYWD	SHKS PSDY	PACE						

**WARM UP ASSIGNMENTS
SATURDAY/ SUNDAY AM**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
7:15-7:45	GRYM 130	GRYM 130	WEST 130	WEST 130	PSDY 130	SHKS 130	GYWD 130	GYWD 130	CPAC 130	CPAC 130	CPAC 130	CPAC 130		
7:45-8:10	GRYM 12U	GRYM 12U	WEST 12U	WEST 12U	PSDY 12U	SHKS 12U	WEST 12U	WEST 12U	CPAC 12U	CPAC 12U	CPAC 12U	CPAC 12U	CPAC 12U	CPAC 12U
8:10-8:25	PACE	PACE	SPRINT	SPRINT	SPRINT	SPRINT	PACE	PACE	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

SATURDAY/ SUNDAY PM

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
12:30-1	GRYM 130	GRYM 130	PSDY 130	WEST 130	WEST 130	GYWD 130	GYWD 130	GYWD 130	CPAC 130	CPAC 130	CPAC 130	CPAC 130	CPAC 130	SHKS 130
1-1:25	GRYM 12U	GRYM 12U	PSDY 12U	WEST 12U	WEST 12U	GYWD 12U	GYWD 12U	GYWD 12U	CPAC 12U	CPAC 12U	CPAC 12U	CPAC 12U	CPAC 12U	SHKS 12U
1:25-1:45	PACE	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	PACE						
		GRYM	PSDY SHKS	WEST	CPAC	CPAC	GYWD							