

# **2021 CT LC Senior Championship**

**Thursday Evening, 7/8**

**Warm-Up Start: 6:00pm**

**Warm-Up End: 6:55pm**

**Meet Start: 7:00pm**

Warm-Up Session 1:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<b>6:00-6:40pm</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>

Warm-Up Session 2:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<b>6:40-6:55pm</b>	<b>Pace</b>	<b>1 Way Sprint</b>	<b>1 Way Sprint</b>	<b>Circle</b>	<b>Circle</b>	<b>1 Way Sprint</b>	<b>1 Way Sprint</b>	<b>Pace</b>

# **2021 CT LC Senior Championship**

**Friday, Saturday, & Sunday Morning, 7/9-11**

**Warm-Up Start: 7:00am**

**Warm-Up End: 8:25am**

**Meet Start: 8:30am**

Warm-Up Session 1:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<b>7:00-8:10pm</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>

Warm-Up Session 2:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<b>8:10-8:25pm</b>	<b>Pace</b>	<b>1 Way Sprint</b>	<b>1 Way Sprint</b>	<b>Circle</b>	<b>Circle</b>	<b>1 Way Sprint</b>	<b>1 Way Sprint</b>	<b>Pace</b>

**\*\*Reminder: Swimmers should bring Plastic Bags with them to the end of the Pool for their Facemasks**

# **2021 CT LC Senior Championship**

**Friday, Saturday, & Sunday Evening, 7/9-11**

**Warm-Up Start: 6:00pm**

**Warm-Up End: 7:55pm**

**Meet Start: 7:00pm**

Warm-Up Session 1:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<b>6:00-6:40am</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>

Warm-Up Session 2:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<b>6:40-6:55pm</b>	<b>Pace</b>	<b>Pace</b>	<b>1 Way Sprint</b>	<b>Circle</b>	<b>Circle</b>	<b>1 Way Sprint</b>	<b>Pace</b>	<b>Pace</b>