

# **2021 CT LC Age Group Championship**

**Thursday Evening, 7/22**

**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 Age Group Championship**

**Friday, Saturday, & Sunday MORNING, 7/23-25**

**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>7:00-8:10am</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>8:10-8:25am</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 Age Group Championship**

**Friday, Saturday, & Sunday EVENING, 7/23-25**

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

**Warm-Up End: 7:10pm**

**Meet Start: 7:15pm**

Warm-Up Session 1:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<b>6:00-6:50pm</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>6:50-7:10pm</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>