

CT LEHY LC 12U Regional Warm Ups
Saturday AM July 15, 2023

Warm up 7:15 AM; Meet Start 8:30 AM

Session 1 (26-40)			Session 1 (24-32)		
Lane	Age	Teams	Lane	Age	Teams
1	12/U	RAYS-12 WFYD-2	1	12/U	SLAC-12 CAC-2
2	12/U	FVYT-16	2	12/U	NSC-11 WHAT-3
3	12/U	CAT-14	3	12/U	SAQ-10 VSYM-3
4	12/U	OAK-20	4	12/U	SYS-9 NWYL-3
5	12/U	GLAS-14	5	12/U	MJCC-8 NMEG-3 FINS-1
6	12/U	CDOD-19	6	12/U	WWRX-8 IVY-5
7	12/U	CDOG-20	7	12/U	NCA-7 WRTS-7
8	12/U	LEHY-21	8	12/U	SEAL-8 BSPL-3 MAC-1

Sprints	8:05-8:20
Lane 1	Pace
Lane 2	Pace
Lane 3	Sprint
Lane 4	Sprint
Lane 5	Sprint
Lane 6	Sprint
Lane 7	Sprint
Lane 8	Circle

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1	12/U	OAK-20	1	12/U	CAT-14
2	12/U	GLAS-16	2	12/U	SLAC-13 MAC-1
3	12/U	LEHY-17	3	12/U	MJCC-10 BSPL-3
4	12/U	NCA-7 SAQ-6	4	12/U	SYS-10 NWYL-3
5	12/U	SEALS-8 IVY-5	5	12/U	WRTS-8 FINS-3 CAC-2
6	12/U	NSC-9 WHAT-4	6	12/U	RAYS-10 WFYD-3
7	12/U	WWRX-9 VSYM-4	7	12/U	CDOG-17
8	12/U	FVYT-12 NMEG-3	8	12/U	CDOG-18

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Lane 2	Pace
Lane 3	Sprint
Lane 4	Sprint
Lane 5	Sprint
Lane 6	Sprint
Lane 7	Sprint
Lane 8	Circle