

Warm-Up Assignments

2023 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, 8:00-8:25 AM	CDOG	CDOG	MJCC	RAYS	NSC	NMBS	WRTS	NWYL
12/u Girls, 8:25-8:45 AM	MJCC	MJCC	RAYS	RAYS	NSC	NMBS	WRTS	LST + NWYL
Specific, 8:40-9:00 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, 12:15-12:4 0 PM	MJCC	MJCC	MJCC	RAYS	RAYS	RAYS	NMBS	NSC + WRTS
12/u Boys, 12:40-1:00 PM	MJCC	MJCC	RAYS	NMBS	NSC	WRTS	LST	CDOG
Specific, 1:00-1:15 PM	Pace	One Way Sprint	One Way Sprint	Circle Swim	Circle Swim	One Way Sprint	One Way Sprint	Pace

Warm-Up Assignments

2023 SC Regional Championships—Saturday & Sunday

Sunday 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, 8:00-8:25 AM	CDOG	MJCC	RAYS	NMBS	NSC	WRTS	BSPL	NWYL
12/u Girls, 8:25-8:45 AM	MJCC	MJCC	RAYS	RAYS	NMBS	NSC	WRTS	BSPL + LST
Specific, 8:40-8:55 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
13/o Girls, 1:00-1:20 PM	MJCC	MJCC	NMBS	RAYS	RAYS	BSPL	NSC	WRTS
12/u Boys, 1:20-1:40 PM	MJCC	MJCC	NMBS	NMBS	RAYS + NSC	BSPL + WRTS	LST + NWYL	CDOG
Specific, 1:40-1:55 PM	Pace	One Way Sprint	One Way Sprint	Circle Swim	Circle Swim	One Way Sprint	One Way Sprint	Pace