

**CT LEHY LC 12U Regional Warm Ups**  
**Saturday AM July 20, 2024**

**Warm up 7:20 AM; Meet Start 8:15 AM**

Session 1 (26-40)		7:20 – 7:40		Session 1 (24-32)		7:40 – 8:00	
Lane	Age	Teams		Lane	Age	Teams	
1	12/U	TAC-3 CDOG-12	15	1	12/U	MJCC-7 WRTS-7	14
2	12/U	CDOG-20	20	2	12/U	NCA-9 BSPL-4	13
3	12/U	GLAS-14	14	3	12/U	MAC-9 SAQ-6	15
4	12/U	GLAS-4 LEHY-8	12	4	12/U	SYS-15	15
5	12/U	LEHY-15	15	5	12/U	SYS-8 WHAT-7	15
6	12/U	NSC-15	15	6	12/U	RAYS-11 HHAC-2 CAC-1	14
7	12/U	CAT-10 VSYM-6	16	7	12/U	SEAL-6 WFYD-10	16
8	12/U	FVYT-9 NWYL-4 FINS-2	15	8	12/U	WWRX-12 IVY-5	17
			122				119

Sprints	8:00-8:10
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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Lane	Age	Teams		Lane	Age	Teams	
1	12/U	WRTS-6 FVYT-7	13	1	12/U	IVY-4 CDOG-11	15
2	12/U	NCA-9 MJCC-5	14	2	12/U	CDOG-15	15
3	12/U	GLAS-13	13	3	12/U	MAC-7 SAQ-6	13
4	12/U	GLAS-6 LEHY-7	13	4	12/U	SYS-15	15
5	12/U	LEHY-14	14	5	12/U	SYS-16	16
6	12/U	NSC-15	15	6	12/U	WHAT-8 RAYS-3 BSPL-3	14
7	12/U	CAT-16	16	7	12/U	SEAL-3 WFYD-8 HHAC-2	13
8	12/U	NWYL-5 FINS-4 VSYM-5	14	8	12/U	WWRX-13 CAC-1	14
			112				115

Sprints	8:00-8:10
Lane 1	Pace
Lane 2	Pace
Lane 3	Sprint
Lane 4	Sprint
Lane 5	Sprint
Lane 6	Sprint
Lane 7	Sprint
Lane 8	Circle