

**2020 Short Course Age Group Championship**  
**Warm-Up Assignments**

Thursday Evening Distance Session #1A:

General Warm-Up @ 3:15 – 3:35pm

<b>Lane 10</b>	<b>Lane 9</b>	<b>Lane 8</b>	<b>Lane 7</b>	<b>Lane 6</b>	<b>Lane 5</b>	<b>Lane 4</b>	<b>Lane 3</b>	<b>Lane 2</b>	<b>Lane 1</b>	<b>Lane 0</b>
Circle	Circle	Circle	Circle	Circle	Circle	Circle	Circle	Circle	Circle	Circle

Thursday Evening Distance Session #1B:

Specific Warm-Up @ 3:35pm – 3:55pm

<b>Lane 10</b>	<b>Lane 9</b>	<b>Lane 8</b>	<b>Lane 7</b>	<b>Lane 6</b>	<b>Lane 5</b>	<b>Lane 4</b>	<b>Lane 3</b>	<b>Lane 2</b>	<b>Lane 1</b>	<b>Lane 0</b>
Pace	Pace	Pace	Circle	One Way Sprint	One Way Sprint	One Way Sprint	Circle	Pace	Pace	Pace

\*\*More One Way Sprint Lanes will become available if Lanes are not being used

**2020 Short Course Age Group Championship**  
**Warm-Up Assignments**

Thursday Evening Distance Session #2A:

13/Over Specific Warm-Up @ 5:20pm – 5:40pm

Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
Pace	Circle	Circle	Circle	One Way Sprint	One Way Sprint	One Way Sprint	Circle	Circle	Circle	Pace

\*\*More One Way Sprint Lanes will become available if Lanes are not being used

Thursday Evening Distance Session #2B:

12/Under Specific Warm-Up @ 5:40pm – 6:00pm

Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
Pace	Circle	Circle	Circle	One Way Sprint	One Way Sprint	One Way Sprint	Circle	Circle	Circle	Pace

\*\*More One Way Sprint Lanes will become available if Lanes are not being used

**2020 Short Course Age Group Championship**  
**Warm-Up Assignments**

Friday, Saturday, & Sunday Morning 13/14 Session – Start Session @ 7:45am

General Warm-Up @ 6:30am – 7:19am

Lane 12	Lane 11		Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
Circle	Circle		Circle	Circle	Circle	Circle	Circle	Circle	Circle	Circle	Circle	Circle	Circle

Specific Warm-Up @ 7:20am – 7:40am

Lane 12	Lane 11		Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
Circle	Circle		Pace	Pace	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	Pace	Pace

\*\*More One Way Sprint, Circle, or Pace Lanes will become available as needed

**2020 Short Course Age Group Championship**  
**Warm-Up Assignments**

Friday Afternoon 11/12 Session – Start Session @ 11:45am

General Warm-Up @ 10:30am – 10:59am

Lane 12	Lane 11		Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
RYWC(7) WOLF(1) VSYM(1)	WYW(6) SEAL(3)		RAC(8) BEAR(1)	NCY(10)	GYWD(3) IVY(6)	GYWD(9)	ZEUS(5) WEST(4)	ZEUS(9)	WRAT(6) NMBS(3)	WRAT(9)	CPAC(7) MSC(1) NFAF(1)	CPAC(9)	CPAC(9)

General Warm-Up @ 11:00am – 11:29am

Lane 12	Lane 11		Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
OAK(4) SLAC(1) ORCA(2)	MAC(4) WWRX(3) TP(1)		GLAS(4) ARAC(3) NWYL(1)	WAC(5) GRYM(2) WFYD(1)	SMST(5) CAC(3) RAYS(1)	LEHY(5) FINS(2) BULL(2)	FFLY(5) SAQ(4)	SSAC(6) FVYT(2) NMEG(1)	SYS(7) NCA(1) SWAT(1)	PAC(7) HHAC(1) SJCC(1)	MJCC(8) AJSC(1)	WHAT(9)	CDOG (11)

Specific Warm-Up @ 11:30am – 11:40am

Lane 12	Lane 11		Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
Circle	Circle		Pace	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	Pace

\*\*More One Way Sprint Lanes will become available if Lanes are not being used

**2020 Short Course Age Group Championship**  
**Warm-Up Assignments**

Friday Afternoon 10/Under Session – Start Session @ 2:20pm

General Warm-Up @ 1:40pm – 2:04pm

Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
GYWD(15)	WRAT(14)	LEHY(2) ZEUS(3) CDOG(5) RAYS(1) WHAT(1)	SLAC(1) SMST(3) OAK(4) CAC(2) NSC(2)	CPAC(9) FINS(2) HNHS(1) VSYM(1)	RAC(7) WAC(4) WOLF(2)	WYW(7) FVYT(3) HHAC(2) NCA(1)	SSAC(7) NCY(3) SEAL(2) BULL(1)	GRYM(6) NMBS(3) HMST(2) BEAR(1)	IVY(5) SYS(2) NFAF(3) WEST(1) GLAS(1)	RYWC(5) WWRX(1) PAC(3) SAQ(3)

Specific Warm-Up @ 2:05-2:15pm

Lane 12	Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
Circle	Circle	Pace	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	Pace

\*\*More One Way Sprint Lanes will become available if Lanes are not being used

**2020 Short Course Age Group Championship**  
**Warm-Up Assignments**

Saturday Afternoon 11/12 Session – Start Session @ 11:45am

General Warm-Up @ 10:30am – 10:59am

Lane 12	Lane 11		Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
MJCC(7) BULL(2)	RAC(8) BEAR(1)		GYWD(9)	WHAT(10)	CDOG(2) WEST(3) MAC(3)	CDOG(9)	WRAT(5) GLAS(2) NMEG(1)	WRAT(9)	ZEUS(7) WOLF(1)	ZEUS(8)	CPAC(8)	CPAC(8)	CPAC(8)

General Warm-Up @ 11:00am – 11:29am

Lane 12	Lane 11		Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
RYWC(7) ORCA(2)	SYS(7) FINS(1) SJCC(1)		FFLY(6) WWRX(3)	LEHY(6) NWYL(2) RAYS(1)	NCY(6) SEAL(3)	PAC(6) NCA(2) WFYD(1)	WAC(6) AJSC(2) FVYT(1)	IVY(5) GRYM(3) OXO(1)	OAK(5) MSC(2) NMBS(1)	SMST(5) HNHS(1) TP(1)	SSAC(5) SAQ(4)	WYW(5) CAC(3)	VSYM(2) PSDY(1) ARAC(4)

Specific Warm-Up @ 11:30am – 11:40am

Lane 12	Lane 11		Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
Circle	Circle		Pace	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	Pace

\*\*More One Way Sprint Lanes will become available if Lanes are not being used

**2020 Short Course Age Group Championship**  
**Warm-Up Assignments**

Saturday Afternoon 10/Under Session – Start Session @ 2:20pm

General Warm-Up @ 1:40pm – 2:04pm

Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
GYWD(15)	GYWD(3) WAC(5) OAK(4) WEST(1) BULL(1)	WRAT (14)	PAC(5) RYWC(5) SEAL(2) HHAC(1) GLAS(1)	CPAC(12) WHAT(2) HNHS(1)	SAQ(4) NCY(3) NMBS(3) NFAF(3) MJCC(1)	GRYM(9) FINS(2) NSC(2) LEHY(2)	WYW(7) HMST(2) CAC(2) SYS(2) NCA(1)	RAC(6) BEAR(1) FVYT(3) WOLF(2) ARAC(1) SLAC(1)	SSAC(7) CDOG(7) RAYS(1)	IVY(5) ZEUS(3) SMST(5) WWRX(1) SJCC(1)

Specific Warm-Up @ 2:05pm – 2:15pm

Lane 12	Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
Circle	Circle	Pace	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	Pace

\*\*More One Way Sprint Lanes will become available if Lanes are not being used

**2020 Short Course Age Group Championship**  
**Warm-Up Assignments**

Sunday Afternoon 11/12 Session – Start Session @ 11:45am

General Warm-Up @ 10:30am – 10:59am

Lane 12	Lane 11		Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
CPAC(10)	CPAC(10)		ZEUS(9)	ZEUS(6) WWRX(3)	WRAT(8)	WRAT(6) FINS(2)	GYWD(10)	NCY(9)	MJCC(8)	RAC(8) WOLF(1)	WHAT(8)	CDOG(4) WHAT(4)	CDOG(8)

General Warm-Up @ 11:00am – 11:29am

Lane 12	Lane 11		Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
RYWC(7) AJSC(1)	IVY(6) WYW(3)		SYS(6) HNHS(1) NFAF(1)	FFLY(5) WFYD(2) VSYM(1)	LEHY(5) BULL(2) SJCC(1)	SAQ(5) ORCA(2) RAYS(1)	SSAC(5) NMEG(2) BEAR(1)	WAC(5) WFYD(2) NCA(1)	ARAC(4) MAC(3) MSC(1)	FVYT(4) GRYM(3) NMBS(1)	OAK(4) PAC(3) SWAT(1)	SEAL(4) CAC(3) OXO(1)	SMST(4) GLAS(3) NWYL(1)

Specific Warm-Up @ 11:30am – 11:40am

Lane 12	Lane 11		Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
Circle	Circle		Pace	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	Pace

\*\*More One Way Sprint Lanes will become available if Lanes are not being used



**2020 Short Course Age Group Championship**  
**Warm-Up Assignments**

Sunday Afternoon 10/Under Session – Start Session @ 2:20pm

General Warm-Up @ 1:40pm – 2:04pm

Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
GYWD(14)	RYWC(5) FVYT(4) NCY(2) WOLF(1) VSYM(2)	WRAT(14)	NFAF(3) SEAL(4) RAC(6) GLAS(1)	CPAC(12) NCA(1) NSC(1)	SYS(4) SSAC(6) HHAC(1) WWRX(2) HNHS(1)	GRYM(8) SMST(4) MJCC(2)	BEAR(1) WAC(4) PAC(3) IVY(5)	FINS(2) HMST(2) SAQ(2) ZEUS(3) NMBS(4)	WYW(6) SLAC(1) LEHY(2) CAC(2) WHAT(2)	OAK(3) SJCC(2) CDOG(8) BULL(1)

Specific Warm-Up @ 2:05pm – 2:15pm

Lane 12	Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
Circle	Circle	Pace	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	Pace

\*\*More One Way Sprint Lanes will become available if Lanes are not being used

**2020 Short Course Age Group Championship**  
**Warm-Up Assignments**

Friday/Saturday/Sunday Finals – Start Session @ 6:00pm

General Warm-Up @ 5:00pm – 5:29pm

Lane 12	Lane 11		Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
Circle 13Over	Circle 13Over		Circle 13Over	Circle 13Over	Circle 13Over	Circle 13Over	Circle 13Over	Circle 13Over	Circle 13Over	Circle 12Under	Circle 12Under	Circle 12Under	Circle 12Under

Specific Warm-Up @ 5:30pm – 5:55pm

Lane 12	Lane 11		Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
Circle 13Over	Circle 13Over		One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	Circle 12Under	Circle 12Under	Circle 12Under	Circle 12Under	Circle 12Under	Pace

\*\*More One Way Sprint Lanes will become available if Lanes are not being used

\*\*More 12/Under Lanes will become available if needed