



2013 WARM-UP ASSIGNMENTS for SWIMMING

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
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MONDAY

SESSION 1	ALL 11/12's					
7:00AM	FRCP	FRCP	LSA	CPARK	NA	HA
7:25AM	WWW	BFSC	HQH	HVT	TCC	ALL OTHERS

CHECK-IN BY 7:25AM; START AT 8:00AM

SESSION 2	ALL 13/OVERS					
10:30AM	BFSC	FRCP	HH	LSA	NA	CPARK
10:55AM	TR	WWW/HVT	CPC/HQH	CR/PBC	TCC/CVCC	ALL OTHERS

CHECK-IN BY 10:40; START AT 11:25AM (approximate)

TUESDAY

SESSION 3	ALL 10/UNDER GIRLS					
7:00AM	FRCP	FRCP	LSA	NA	BFSC	WWW
7:25AM	HH/CVCC	PBC/CR	TCC/TR	CPARK/HQH	HVT/CPC	ALL OTHERS

CHECK-IN BY 7:25AM; START AT 8:00AM

SESSION 4	ALL 10/UNDER BOYS					
10:30AM	FRCP	LSA	NA	CVCC	CPARK	WWW
10:55AM	BFSC	TR	HVT	HH/PBC	CR/TCC	ALL OTHERS

CHECK-IN BY 10:40AM; START BY 11:25AM (approximate)

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