



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	HH	LSA	BF/HQH WWW
7:25AM	NA	CPARK	CR	CVCC	ALL OTHERS

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

SESSION 2	ALL 13/OVERS				
10:00AM	LSA	BFSC	WWW	FRCP	FRCP TR
10:25AM	HH	CR	CPARK	HVTSC	ALL OTHERS

CHECK-IN BY 10:25; START AT 11:00AM (approximate)

TUESDAY

SESSION 3	ALL 10/UNDER GIRLS				
7:00AM	FRCP	FRCP	LSA	BFSC/LEN	WWW WWW
7:25AM	NA	HVTSC	CR/CO	HH/RAV	ALL OTHERS

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

SESSION 4	ALL 10/UNDER BOYS				
10:00AM	LSA	FRCP	WWW	BFSC	HVTSC HQH
10:25AM	TCC	CR/RAV	TCC/NA	PB/CP	ALL OTHERS

CHECK-IN BY 10:25AM; START BY 11:00AM (approximate)