



2023 LC 12U STATE WARM-UP ASSIGNMENTS



FRIDAY PM

	1	2	3	4	5	6	7	8	9	10
1:30-1:55	BAC	LAKE	SSTY	SWAT	FSC/WAVE	MSS/NBSC	PX3/SPS	SHOR/WAT	WEST	1-2 Swimmer Teams
1:55-2:20	EBSC	EBSC	MAC	VAST	HSSB/GYD	OCSC/OZ	RA	TOSA	WAUN/WBSC	OPEN

SATURDAY AM

	1	2	3	4	5	6	7	8	9	10
8:00-8:25	BAC	GBSC	LAKE	OZ/YCY	SWAT	SWAT	TOSA/WAT	WAVE-J/HK	RA/SEA	1-2 Swimmer Teams
8:25-8:50	EBSC	EBSC	MAC	SSTY	SSTY/VAST	WEST/WAUN	ASC/HSSB	NBSC/OCSC	PX3/SHOR	

SATURDAY PM

	1	2	3	4	5	6	7	8	9	10
First 25	WEST	SWAT	MAC	EBSC	EBSC	MSS/RA	PX3/WAT	WAUN/WBSC	1 Swimmer Teams	OPEN
Last 25	VAST	SSTY	LAKE	HSSB/GYD	BAC/WAVE	OCSC/OZ	SHOR/SPS	2 Swimmer Teams	OPEN	OPEN

SUNDAY AM

	1	2	3	4	5	6	7	8	9	10
8:00-8:25	WEST/WAUN	OZ/MSS	SWAT	SWAT	LAKE	GBSC	WAVE/J-HK	RA/SEA	PX3/NBSC	UN/1 Swimmer Teams
8:25-8:50	TOSA/YCV	SSTY	SSTY	OCSC/SHOR	MAC	EBSC	EBSC	BAC	HSSB/ASC	2 Swimmer Teams

SUNDAY PM

	1	2	3	4	5	6	7	8	9	10
First 25	BAC/GYD	HSSB/FSC	LAKE	SSTY	RA/NBSC	SWAT	OZ/WAVE	TOSA/OCSC	WBSC	2 Swimmer Teams
Last 25	EBSC	EBSC	MAC	PX3/MSS	SHOR/WAT	VAST	WEST	SPS/WAUN	1 Swimmer Teams	OPEN