

**2017 EASTERN ZONE SWIMMING CHAMPIONSHIPS
WARM-UP TIMES & LANE ASSIGNMENTS**

THURSDAY	Time Slot, 11 & Over Prelims	Assigned Lanes Competition Pool	Assigned Lanes, Warm-up Pool	Lanes for 10 & Under Warm-Up
Adirondack	8:10 - 8:50	1 & 2	1	Competition Pool Lane 1
Allegheny Mountain	8:10 - 8:50	3, 4, & 5	2 & 3	Competition Pool Lane 2, Warm-up Pool Lane 1
Connecticut	8:10 - 8:50	6 & 7	4	Competition Pool Lane 3, Warm-up Pool Lane 2
Potomac Valley	8:10 - 8:50	8, 9, & 10	5 & 6	Competition Pool 4 & 5, Warm-up Pool Lane 3
Metropolitan	7:30 - 8:10	7, 8, 9, & 10	1 & 2	Competition Pool 6 & 7, Warm-up Pool Lane 4
New Jersey	7:30 - 8:10	4, 5, & 6	3 & 4	Competition Pool 8 & 9, Warm-up Pool Lane 5
Niagara	7:30 - 8:10	1, 2, & 3	5 & 6	Competition Pool 10, Warm-up Pool Lane 6

FRIDAY	Time Slot, 11 & Over Prelims	Assigned Lanes Competition Pool	Assigned Lanes, Warm-up Pool	Lanes for 10 & Under Warm-UP
Adirondack	7:30 - 8:10	6 & 7	1	Competition Pool Lane 10
Allegheny Mountain	7:30 - 8:10	8, 9, & 10	2 & 3	Competition Pool Lane 5, Warm-up Pool Lane 4
Connecticut	7:30 - 8:10	1 & 2	4 & 5	Competition Pool Lane 6 & 7, Warm-up Pool Lane 5
Potomac Valley	7:30 - 8:10	3, 4, & 5	6	Competition Pool Lane 8 & 9, Warm-up Pool Lane 6
Metropolitan	8:10 - 8:50	1 thru 4	1 & 2	Competition Pool Lane 1 & 2, Warm-up Pool Lane 1
New Jersey	8:10 - 8:50	5 thru 7	3 & 4	Competition Pool Lane 3, Warm-up Pool Lane 2
Niagara	8:10 - 8:50	8 thru 10	5 & 6	Competition Pool Lane 4, Warm-up Pool Lane 3

SATURDAY	Time Slot, 11 & Over Prelims	Assigned Lanes Competition Pool	Assigned Lanes, Warm-up Pool	Lanes for 10 & Under Warm-Up
Adirondack	8:10 - 8:50	9 & 10	1	Competition Pool Lane 5
Allegheny Mountain	8:10 - 8:50	1, 2, & 3	2 & 3	Competition Pool Lane 5 & 6, Warm-up Pool Lane 3
Connecticut	8:10 - 8:50	4 & 5	4	Competition Pool Lane 7 & 8, Warm-up Pool Lane 2
Potomac Valley	8:10 - 8:50	6, 7, & 8	5 & 6	Competition Pool Lane 9 & 10, Warm-up Pool Lane 1
Metropolitan	7:30 - 8:10	7 thru 10	1 & 2	Competition Pool Lane 1, Warm-up Pool Lane 4
New Jersey	7:30 - 8:10	1 thru 3	3 & 4	Competition Pool Lane 2, Warm-up Pool Lane 5
Niagara	7:30 - 8:10	4 thru 6	5 & 6	Competition Pool Lane 3, Warm-up Pool Lane 4