

2024 IA NST Nordic Last Chance - 1/28/2024

Warm-up Sheet

Warm-up Starts at 08:30 AM

Session: 1 Sunday AM

Day of Meet: 1 Starts at 09:30 AM

Total Athletes: 85 - Women: 55 - Men: 30

Team	Women	Men	Total	Lane	
NST-IA	Northeastern Swim Team	18	6	24	Dive Well 1-3
VAC-IA	Vinton Aquatic Club, Inc.	10	10	20	1-2, Dive Well 4
RSC-MN	Rochester Swim Club	8	8	16	3-4
MCSC-IA	Mason City Swim Club	8	2	10	7-8
BSSC-IA	Big Six Swim Club	6	2	8	6
USSD-IA	USS Destroyers Swim Club	5	2	7	5

2024 IA NST Nordic Last Chance - 1/28/2024

Warm-up Sheet

Warm-up Starts at 12:30 PM

Session: 2 Sunday PM

Day of Meet: 1 Starts at 01:30 PM

Total Athletes: 84 - Women: 53 - Men: 31

Team	Women	Men	Total	Lane
RSC-MN Rochester Swim Club	15	18	33	1-3, Dive Well 4
NST-IA Northeastern Swim Team	14	6	20	Dive Well 1-3
USSD-IA USS Destroyers Swim Club	10	3	13	4-5
MCSC-IA Mason City Swim Club	7	3	10	7-8
VAC-IA Vinton Aquatic Club, Inc.	6	0	6	6
BSSC-IA Big Six Swim Club	1	1	2	7