

**Warm Up Assignment for Winter Classic 23**

**Friday Night Session 1 (Jan 27)**

	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>
Session 1 (4:00-4:25 pm)	DCST	DCST	DCST	TIDE	TIDE	TIDE	FVFY	FVFY
Session 2 (4:25-4:50 pm)	YRRV	YRRV	ECST	ECST	RMSC	DUND	BTS/ILVY	FAST/SSSC/MAC

**Saturday AM Session 2 (Jan 28)**

	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>
Session 1 (7:00-7:25 am)	DCST	DCST	DCST	FVFY	FVFY	FVFY	ECST/MSSC	BTS/RMSC
Session 2 (7:25-7:50 am)	TIDE	TIDE	TIDE	TIDE	DUND	DUND	YRRV	FAST/SSSC/ILVY

**Saturday PM Session 3 (Jan 28)**

	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>
Session 1 (11:30 am or 1st 25 minutes)	DCST	DCST/ILVY	FVFY	FVFY	RMSC/BTS	MAC/FAST/SSSC	8 & U for teams in this session	8 & U for teams in this se
Session 2 (11:55 am or 2nd 25 minutes)	TIDE	TIDE	ECST	ECST	YRRV	DUND	8 & U for teams in this session	8 & U for teams in this se

**Saturday PM 1650 Free Session 4 (Jan 28)**

**Open Warmups for all swimmers in the session following conclusion of Session 3 for 10 minutes**

**Sunday AM Session 5 (Jan 29)**

	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>
Session 1 (7:00-7:25 am)	DCST	DCST	DCST	FVFY	FVFY	FVFY	ECST/MSSC	BTS/RMSC
Session 2 (7:25-7:50 am)	TIDE	TIDE	TIDE	TIDE	DUND	DUND	YRRV	FAST/SSSC/ILVY

**Sunday PM Session 6 (Jan 29)**

	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>
Session 1 (11:30 am or 1st 25 minutes)	DCST	DCST	FVFY	FVFY	RMSC/ILVY	MAC/FAST/SSSC	8 & U for teams in this session	8 & U for teams in this se
Session 2 (11:55 am or 2nd 25 minutes)	TIDE	TIDE	ECST	ECST	YRRV	BTS/DUND	8 & U for teams in this session	8 & U for teams in this se