

# 2021 CRIMSON CUP

## WARM UP ASSIGNMENTS

3 swimmers at each end. Coaches are responsible for keeping swimmers socially distanced.

### THURSDAY

START @ 5:15pm

4:45-5:10pm	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-A	CRIM-A	CRIM-B	CRIM-S/WW	ATST	KING
TURN END	CRIM-A	CRIM-A	CRIM-W	ATST	ATST	KINGM

### FRIDAY

#### FRIDAY 11-12

START @ 8:15am

7:15-7:30am	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-A	CRIM-A	CRIM-A	KING	KINGM	ICMY
TURN END	CRIM-A	CRIM-A	CRIM-A	KING	KINGM	ICMY

7:35-7:50am	LN1	LN2	LN3	LN4	LN5	LN6
START END	ATST	ATST	ATST	WW	WW	
TURN END	ATST	ATST	ATST	WW		

7:55-8:10am	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-W	CRIM-B	CRIM-S	USC	SSYS	WTST
TURN END	CRIM-W	CRIM-B	CRIM-S	USC	SSYS	WTST

#### FRIDAY 13-14

START @ 11:10am

9:55-10:15am	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-A	CRIM-A	KINGM	KINGM	KING	WTST
TURN END	CRIM-A	CRIM-A	KINGM	KING	KING	ICMY

10:20-10:40am	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-B	CRIM-B	CRIM-B	ATST	USC	MWYS
TURN END	CRIM-B	CRIM-B	ATST	ATST	USC	SSYS

10:45-11:05	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-S	CRIM-S	CRIM-S	CRIM-W	CRIM-W	WW
TURN END	CRIM-S	CRIM-S	CRIM-W	CRIM-W	CRIM-W	WW

## SATURDAY

### SATURDAY 13-14

START @ 8:30am

7:15-7:35am	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-S	CRIM-S	CRIM-S	CRIM-W	CRIM-W	WW
TURN END	CRIM-S	CRIM-S	CRIM-W	CRIM-W	CRIM-W	WW

7:40-8:00am	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-A	CRIM-A	KINGM	KINGM	KING	WTST/ICMY
TURN END	CRIM-A	CRIM-A	KINGM	KING	KING	MWYS

8:05-8:25am	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-B	CRIM-B	CRIM-B	ATST	USC	USC
TURN END	CRIM-B	CRIM-B	ATST	ATST	USC	SSYS

### SATURDAY 11-12

START @ 11:45am

10:45-11:00am	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-W	CRIM-B	CRIM-S	USC	SSYS	WTST
TURN END	CRIM-W	CRIM-B	CRIM-S	USC	SSYS	WTST

11:05-11:20am	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-A	CRIM-A	CRIM-A	KING	KINGM	ICMY
TURN END	CRIM-A	CRIM-A	CRIM-A	KING	KINGM	ICMY

11:25-11:40am	LN1	LN2	LN3	LN4	LN5	LN6
START END	ATST	ATST	ATST	WW	WW	
TURN END	ATST	ATST	ATST	WW		

## SUNDAY

### SUNDAY 11-12

START @ 8:15am

7:15-7:30am	LN1	LN2	LN3	LN4	LN5	LN6
START END	ATST	ATST	ATST	WW	WW	
TURN END	ATST	ATST	ATST	WW		

7:35-7:50am	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-W	CRIM-B	CRIM-S	USC	SSYS	WTST
TURN END	CRIM-W	CRIM-B	CRIM-S	USC	SSYS	WTST

7:55-8:10am	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-A	CRIM-A	CRIM-A	KING	KINGM	ICMY
TURN END	CRIM-A	CRIM-A	CRIM-A	KING	KINGM	ICMY

**SUNDAY 13-14**

START @ 11:15am

10-10:20am	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-B	CRIM-B	CRIM-B	ATST	USC	USC
TURN END	CRIM-B	CRIM-B	ATST	ATST	USC	SSYS

10:25-10:45am	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-S	CRIM-S	CRIM-S (1) CRIM-W (1)	CRIM-W	CRIM-W	WW
TURN END	CRIM-S	CRIM-S	CRIM-W	CRIM-W	CRIM-W	WW

10:50-11:10am	LN1	LN2	LN3	LN4	LN5	LN6
START END	CRIM-A	CRIM-A	KINGM	KINGM	MWYS	WTST
TURN END	CRIM-A	CRIM-A	KINGM	KING	MWYS	ICMY