

2023 Chicago District & Jr District Championship

Warm-up and Timer Assignments

Girl's Warm-ups

7:45 - 8:10

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Competition Pool	HLYS	HLYS	FY	PALA	SAGE	SAGE	SAGE	PAV
Warm-up Pool	TOPS	TOPS	TOPS	OPEN	OPEN	OPEN		

8:10 - 8:35

Competition Pool	JETS	JETS	JETS	JETS	JETS	IRVP	IRVP	IRVP
Warm-up Pool	MYST	MYST	MYST	MYST	MYST	MYST		

8:35 - 8:45

Competition Pool	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints
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Boy's Warm-ups

1:45-2:10

Boy's Warm-ups	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Competition Pool	MYST	MYST	MYST	MYST	MYST	MYST	TOPS	TOPS
Warm-up Pool	JETS	JETS	JETS	JETS	SAGE	SAGE		

2:10 - 2:35

Competition Pool	IRVP	IRVP	IRVP	HLYS	HLYS	PALA	PAV	FY
Warm-up Pool	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN		

2:35 - 2:45

Competition Pool	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints
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Timers

Girl's Timers	PALA/FY	HLYS	IRVP	MYST	JETS	SAGE	TOPS	PAV
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Boy's Timers	PAV/FY	PALA	HLYS	MYST	JETS	IRVP	SAGE	TOPS
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