



# 2024 Fall Sprint & Distance Meet - Warm-up Assignments

## SATURDAY MORNING SESSION 1

Session begins at 9:00

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8:30 - 8:55	FAST	FAST	FAST	FAST	BAY/EPSC	EPSC

Swimmer Count: FAST (21), BAY (2), EPSC (7)

## SUNDAY MORNING SESSION 3

Session begins at 8:00

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:30 - 7:55	FAST	FAST	FAST	FAST	BAY	EPSC

Swimmer Count: FAST (33), BAY (8), EPSC (5)

## SUNDAY MORNING SESSION 4

Session begins at 10:30 (Not less than 1 hour after end of Session 3)

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
9:30 - 9:55	FAST	FAST	FAST	FAST	FAST	FAST
9:55 - 10:20	BAY	BAY	BAY	EPSC	EPSC	EPSC

Swimmer Count: FAST (64), BAY (18), EPSC (16)

All Warm-ups: Coaches may utilize any of the lanes under their control as one-way sprint lanes.