

2023 ASC IMX Challenge

Warm-up Schedule

Session 1 Friday, December 29, 2023

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:00-4:25 pm	Open	Open	Open	Open	Open	Open	Open	Open
4:25-4:50 pm	One Way Sprint	ESA	HAWK	ROCK	BAY	BAY	BAY	One Way Sprint

Warm up/Warm down Pool

4:00-4:25 pm	Bulkhead	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
4:25-4:50 pm	Bulkhead	GMAC	ASC	ASC	ASC	ASC	ASC	Open	Open	Open	Open	Open

2023 ASC IMX Challenge Warm-up Schedule

Session 2 Saturday, December 30, 2023

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:25 am	Open	Open	Open	Open	Open	Open	Open	Open
8:25-8:50 am	HAWK	ESA	ASC	ASC	ASC	ASC	ASC	ASC

Warm up/Warm down Pool

[illegible]

2023 ASC IMX Challenge

Warm-up Schedule

Session 3 Saturday, December 30, 2023

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
11:00-11:25 am	Open	Open	Open	Open	Open	Open	Open	Open
11:25-11:50 am	One Way Sprint	BAY	BAY	BAY	BAY	BAY	BAY	One Way Sprint

Warm up/Warm down Pool

11:00-11:25 am	Bulkhead	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
11:25-11:50 am	Bulkhead	HAWK	HAWK	GMAC	ESA	ASC	ASC	ASC	ASC	ASC	ASC	ASC

2023 ASC IMX Challenge

Warm-up Schedule

Session 4 Saturday, December 30, 2023

Competition Pool

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
2:00-2:25 pm	Open	Open	Open	Open	Open	Open	Open	Open
2:25-2:50 pm	One Way Sprint	GMAC	HAWK	BAY	BAY	BAY	BAY	One Way Sprint

Warm up/Warm down Pool

2:00-2:25 pm	Bulkhead	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open
2:25-2:50 pm	Bulkhead	ESA	ASC	ASC	ASC	ASC	ASC	ASC	Open	Open	Open	Open