

**2019 NBAC LC CHAMPIONSHIPS OUTDOOR POOL WARMUP LANE ASSIGNMENTS**

**FRIDAY TIMED FINALS (800 FREE SWIMMERS ONLY)**

	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>	<u>LANE 8</u>	<u>LANE 9</u>	<u>LANE 10</u>	<u>LANE X</u>
5:00 PM – 5:35 PM	LBA	ASA	CYAC	T2	MAC	YORK	YORK	NBAC	NBAC	NBAC	NBAC
	JCC	SAKA	GLSS		CBAC						
	ACA	HFY									
	LAC	CGA									
	TU										

**SATURDAY PRELIMS (GIRLS ONLY)**

	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>	<u>LANE 8</u>	<u>LANE 9</u>	<u>LANE 10</u>	<u>LANE X</u>
6:30 AM – 6:50 AM OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
6:50 AM – 7:20 AM	NAVY	JCC	SAKA	T2	GLSS	YORK	YORK	CYAC	GBSA	NOVA	NOVA
	CGA	LAC	BCSC	NRG					ACA		
	TU	MSC									
	HFY	OPST									
7:20 AM – 7:50 AM	ASA	ASA	MAC	MAC	LBA	NBAC	NBAC	NBAC	NBAC	NBAC	NBAC
			MAS								
			CBAC								

**SUNDAY PRELIMS (GIRLS ONLY)**

	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>	<u>LANE 8</u>	<u>LANE 9</u>	<u>LANE 10</u>	<u>LANE X</u>
6:30 AM – 6:50 AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
6:50 AM – 7:20 AM	ASA	ASA	MAC	MAC	LBA	NBAC	NBAC	NBAC	NBAC	NBAC	NBAC
			MAS								
			CBAC								
7:20 AM – 7:50 AM	NAVY	JCC	SAKA	T2	GLSS	YORK	YORK	CYAC	GBSA	NOVA	NOVA
	CGA	LAC	BCSC	NRG					ACA		
	TU	MSC									
	HFY	OPST									

**MONDAY PRELIMS (GIRLS ONLY)**

	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>	<u>LANE 8</u>	<u>LANE 9</u>	<u>LANE 10</u>	<u>LANE X</u>
6:30 AM – 6:50 AM OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
6:50 AM – 7:20 AM	NAVY	JCC	SAKA	T2	GLSS	YORK	YORK	CYAC	GBSA	NOVA	NOVA
	CGA	LAC	BCSC	NRG					ACA		
	TU	MSC									
	HFY	OPST									
7:20 AM – 7:50 AM	ASA	ASA	MAC	MAC	LBA	NBAC	NBAC	NBAC	NBAC	NBAC	NBAC
			MAS								
			CBAC								

**SATURDAY, SUNDAY, MONDAY FINALS (ALL SWIMMERS)**

	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>	<u>LANE 8</u>	<u>LANE 9</u>	<u>LANE 10</u>	<u>LANE X</u>
5:00 PM – 5:25 PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
5:25 PM – 5:40 PM	SPRINT	SPRINT	SPRINT	OPEN	OPEN	OPEN	OPEN	OPEN	PACE	PACE	OPEN