

2023 NOVA SENIOR CLASSIC WARM-UP ASSIGNMENTS

Friday Distance Session										
TIME	EAST COURSE [SCOREBOARD SIDE]									
4:00 - 4:50pm	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NOVA				ASA		PSDN		MACH	
	WEST COURSE [COMPETITION SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	CGBD	WAC	NCAP							
Meet Start: 5:00pm										

Saturday & Sunday AM	
TIME	
6:45 - 7:25am	EAST COURSE [SCOREBOARD SIDE]
	LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6 LANE 7 LANE 8 LANE 9 LANE 10
	MACH
	WEST COURSE [COMPETITION SIDE]
	LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6 LANE 7 LANE 8 LANE 9 LANE 10
	PSDN ASA
	Warm-Up Pools
	LANE 1 LANE 2 LANE 3 LANE 1 LANE 2 LANE 3
	NOVA [SB AM, SS, NOVA-S]
7:25 - 8:05am	EAST COURSE [SCOREBOARD SIDE]
	LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6 LANE 7 LANE 8 LANE 9 LANE 10
	NCAP
	WEST COURSE [COMPETITION SIDE]
	LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6 LANE 7 LANE 8 LANE 9 LANE 10
	NCAP CGBD WAC
	Warm-Up Pools
	LANE 1 LANE 2 LANE 3 LANE 1 LANE 2 LANE 3
	NOVA [SDG]
8:05 - 8:20am	EAST COURSE [SCOREBOARD SIDE]
	LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6 LANE 7 LANE 8 LANE 9 LANE 10
	ALL LANES OPEN FOR GENERAL WARM-UP
	WEST COURSE [COMPETITION SIDE]
	LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6 LANE 7 LANE 8 LANE 9 LANE 10
	ALL LANES OPEN FOR GENERAL WARM-UP
Meet Start: 8:30am	

Saturday PM										
TIME	EAST COURSE [SCOREBOARD SIDE]									
3:15 - 3:55pm	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	MACH									
	WEST COURSE [COMPETITION SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	PSDN				ASA					
	Warm-Up Pools									
	LANE 1	LANE 2	LANE 3	LANE 1	LANE 2	LANE 3				
	NOVA [SB AM, SS, NOVA-S]									
3:55 - 4:35pm	EAST COURSE [SCOREBOARD SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NCAP									
	WEST COURSE [COMPETITION SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	NCAP						CGBD		WAC	
	Warm-Up Pools									
	LANE 1	LANE 2	LANE 3	LANE 1	LANE 2	LANE 3				
4:35 - 4:50pm	NOVA [SDG]									
	EAST COURSE [SCOREBOARD SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
	ALL LANES OPEN FOR GENERAL WARM-UP									
	WEST COURSE [COMPETITION SIDE]									
	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8	LANE 9	LANE 10
Meet Start: 5:00pm	ALL LANES OPEN FOR GENERAL WARM-UP									