

2023 SC TG Beach Bash Warmup Lane Assignment

FRIDAY EVENING

5:00 PM to 5:50 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	TG	TG	TG	TG	TG	TG
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	GCAT	HELI	HELI	CAT	KSA	SSC UN-GA

SATURDAY / SUNDAY MORNING

7:30 AM to 7:55 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	TG	TG	TG	TG	TG	TG
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	HELI	HELI	HELI	HELI	HELI	GCAT	GCAT	GCAT

7:55 AM to 8:20 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	TG	TG	TG	TG	TG	TG
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	UN-GA	CAT	KSA	KSA	KSA	SSC

SAT / SUN AFTERNOON

12:30 PM to 1:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	TG	TG	TG	TG	TG	TG	TG
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
TG	TG	TG	SSC	UN-GA	HELI	HELI	KSA	CAT	GCAT

*Coaches control their warmup period, there is no set time for warmup, pace or specifics. Please ensure the safety of you swimmers by having clear instructions for your lanes.