

SUBZERO 2026 WARM UP ASSIGNMENTS

FRIDAY PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30-6:00 PM	GBSC	GBSC	HSSB	HSSB	ASC	ASC-PASC-SCWW
6:00-6:30 PM	GBSC	GBSC	WAVE	WAVE	WAVE	NEAT

SATURDAY AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00-7:20 AM	GBSC	GBSC	HSSB	HSSB	ASC	WAVE
7:20-7:40 AM	GBSC	GBSC	HSSB	HSSB	ASC	WAVE
7:40-8:00 AM	PASC	SCWW-CAST	STARTS	WAVE	WAVE	WAVE

SATURDAY PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
11:45-12:15 PM	GBSC	GBSC	GBSC	ASC	ASC	ASC
12:15-12:45 PM	HSSB	HSSB	HSSB	HSSB	WAVE	WAVE-CAST-PASC

SUNDAY AM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00-7:20 AM	GBSC	HSSB	HSSB	WAVE	ASC	ASC
7:20-7:40 AM	GBSC	HSSB	HSSB	WAVE	PASC	ASC
7:40-8:00 AM	GBSC	GBSC	HSSB	WAVE	WAVE	ASC-SCWW

SUNDAY PM	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
10:30-11:00 AM	HSSB	HSSB	HSSB	HSSB	ASC	ASC
11:00-11:30AM	GBSC	GBSC	GBSC	PASC-CAST-SCWW	WAVE	WAVE-ASC