

2023 LC WGLO Warm-up Assignments

Friday AM

7:00-7:30

Lane 1 – LAKE

Lane 2 – LAKE

Lane 3 – LAKE

Lane 4 – PSC/NASA

Lane 5 – SWAT/SEA

Lane 6 – SSTY

Lane 7 – SSTY

Lane 8 – SSTY

7:30-8:00

Lane 1 – J-HWK/WAVE/WAUN

Lane 2 – SWMKE/MAC/ASC

Lane 3 – VAST

Lane 4 – BAC

Lane 5 – BAC/RA

Lane 6 – RA

Lane 7 – OZ

Lane 8 – WBSC/OSHY/GBY/WYNS

8:00-8:10

Open for Sprints/pace/general

Saturday AM

7:00-7:30

Lane 1 – J-HWK/WAVE/WAUN

Lane 2 – SWMKE/MAC/ASC

Lane 3 – VAST

Lane 4 – BAC

Lane 5 – BAC/RA

Lane 6 – RA

Lane 7 – OZ

Lane 8 – WBSC/OSHY/GBY/WYNS

7:30-8:00

Lane 1 – LAKE

Lane 2 – LAKE

Lane 3 – LAKE

Lane 4 – PSC/NASA

Lane 5 – SWAT/SEA

Lane 6 – SSTY

Lane 7 – SSTY

Lane 8 – SSTY

8:00-8:10

Open for Sprints/pace/general

Friday and Saturday PM

First 30 minutes

Friday approx. 12:25-12:55

Saturday approx. 12:10-12:40

Lane 1 –VAST/RA/WAUN/OSHY

Lane 2 – SWAT/OZ/WAVE

Lane 3 – LAKE

Lane 4 – LAKE

Lane 5 – SSTY

Lane 6 – NASA

Lane 7 – NASA

Lane 8 – BAC/ASC/WBSC/PSC/SEA

Last 15 minutes

Friday approx. 12:55-1:10

Saturday approx. 12:40-12:55

Open for Sprints/pace/general

Sunday Timed Finals

First 30 minutes (approx. 10:20-10:50)

Lane 1 –VAST/RA/WAUN/WBSC

Lane 2 – LAKE/SWAT

Lane 3 – LAKE

Lane 4 – SSTY

Lane 5 – SSTY

Lane 6 – NASA

Lane 7 – NASA

Lane 8 – BAC/SWMKE/PSC/OSHY

Last 10 minutes (approx. 10:50-11:00)

Open for Sprints/pace/general