

2025 WAT Polar Plunge Warm Up Assignments

Session 1 (7:00-7:55)						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00-7:25	WAUN	WAUN	WAUN	STRM	STRM	WAT
7:30-7:55	DFAC	DFAC/FAST	OCSC	OCSC/WBSC	MM	J-HK/STAR

Session 2 (11:15-12:10)						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
11:15-11:40	WAUN	WAUN	STRM	STRM	WAT	WAT
11:45-12:10	DFAC	DFAC/FAST	WBSC	MM/STAR	J-HK	J-HK

Session 3 (3:10-3:25)						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
3:10-3:25	OPEN	OPEN	OPEN	OPEN	STARTS	STARTS