

2023 MIDWEST ALL STARS - WARM UP ASSIGNMENTS

	Session 1		Session 2		Session 3	
Lane/Pool	7:00 Check in Warm up #1 7:20-8:05	7:45 Check in Warm up #2 8:05-8:50	3:30 Check in Warm up #1 3:50-4:35	4:15 Check in Warm up #2 4:35-5:20	7:00 Check in Warm up #1 7:20-8:05	7:45 Check in Warm up #2 8:05-8:50
South 1	North Dakota	Colorado	Missouri Valley	North Dakota	Midwestern	South Dakota
S2	North Dakota	Colorado	Missouri Valley	North Dakota	Midwestern	South Dakota
S3	North Dakota	Colorado	Missouri Valley	North Dakota	Midwestern	South Dakota
S4	North Dakota	Colorado	Missouri Valley	North Dakota	Midwestern	South Dakota
S5	North Dakota	Colorado	Missouri Valley	North Dakota	Midwestern	South Dakota
S6	Midwestern	Colorado	Missouri Valley	Midwestern	Midwestern	South Dakota
S7	Midwestern	Colorado	Missouri Valley	Midwestern	Midwestern	South Dakota
S8	Midwestern	Missouri Valley	Missouri Valley	Midwestern	Midwestern	South Dakota
S9	Midwestern	Missouri Valley	South Dakota	Midwestern	Midwestern	Colorado
S10	Midwestern	Missouri Valley	South Dakota	Midwestern	North Dakota	Colorado
North 0	Midwestern	Missouri Valley	South Dakota	Midwestern	North Dakota	Colorado
N1	Midwestern	Missouri Valley	South Dakota	Midwestern	North Dakota	Colorado
N2	Midwestern	Missouri Valley	South Dakota	Midwestern	North Dakota	Colorado
N3	Midwestern	Missouri Valley	South Dakota	Midwestern	North Dakota	Colorado
N4	Iowa	Missouri Valley	South Dakota	Iowa	Iowa	Colorado
N5	Iowa	South Dakota	South Dakota	Iowa	Iowa	Missouri Valley
N6	Iowa	South Dakota	Colorado	Iowa	Iowa	Missouri Valley
N7	Iowa	South Dakota	Colorado	Iowa	Iowa	Missouri Valley
N8	Iowa	South Dakota	Colorado	Iowa	Iowa	Missouri Valley
Program pool L1	Iowa	South Dakota	Colorado	Iowa	Iowa	Missouri Valley
Program pool L2	Iowa	South Dakota	Colorado	Iowa	Iowa	Missouri Valley
Program pool L3	Iowa	South Dakota	Colorado	Iowa	Iowa	Missouri Valley
Program pool L4	Iowa	South Dakota	Colorado	Iowa	Iowa	Missouri Valley

ATHLETE SEATING

