

2023 WARMUP ASSIGNMENTS

TEAM	GROUP	LANE(S)	SHARING?
ASC	B	6	DFAC, FSC
BAC	B	1-5	
CUDA	C	4-5	VAST, SEA
CAST	D	4	NBSC, WYNS
DFAC	B	6	ASC, FSC
EBSC	D	1-2	
FSC	B	6	ASC, DFAC
FAST	D	8	STAT
FCY	A	4	LAXY, OSHY, NLAC
WAVE	D	5-6	LAKE
GBSC	C	8	MKE
HSSB	D	3	STAR
J-HK	B	8	PX3
LAXY	A	4	OSHY, FCY, NLAC
LAKE	D	5-6	WAVE
GYD	D	7	WBSC
MAC	A	7-8	
MSS	B	7	WASP
NBSC	D	4	CAST, WYNS
NEAT	A	2-3	SSTY
NLAC	A	4	FCY, LAXY, OSHY
OCSC	A	5	
OSHY	A	4	LAXY, FCY, NLAC
OZ	A	1	
PX3	B	8	J-HK
PASC	C	1-2	SWAT
SSTY	A	2-3	NEAT
SEA	C	4-5	CUDA, VAST
SWAT	C	1-2	PASC
STRM	C	3	
STAR	D	3	HSSB
MKE	C	8	GBSC
STAT	D	8	FAST
VAST	C	4-5	CUDA, SEA
WAT	C	6	WAUN
WEST	C	7	
WAUN	C	6	WAT
WBSC	D	7	GYD
WASP	B	7	MSS
WYNS	D	4	NBSC, CAST
YDC	A	6	YCV
YCV	A	6	YDC

Warming up almost 800 kids is no small task! For the 2023 Single Age State meet we'll utilize all 8 lanes of the competition (COMP) pool as well as 8 lanes of the warm water (WARM) pool at the facility.

To keep it equal, each team will have sessions where they warm-up earlier vs later and in COMP vs WARM. Shared space and lane number will be consistent.

The table shows your group, lanes, and teams you share with. The list below should indicate the exact warm-up time for your group for each session.

GENERAL WARM-UP SCHEDULE

SATURDAY GIRLS: 9:00 – 10:00am

SATURDAY BOYS: 2:40 – 3:40pm

SUNDAY GIRLS: 7:30 – 8:30am

SUNDAY BOYS: 12:55 – 1:55pm

Each warm-up is 60 minutes, with 25 minutes for each group, then 10 minutes for 1-way start in the COMP pool.

The WARM pool is open throughout the meet. The diving well portion of the competition pool is closed throughout the meet including during warm-ups.

Group A:	Group B	Group C	Group D
9:00 COMP	9:25 COMP	9:00 WARM	9:25 WARM
3:05 WARM	2:40 COMP	3:05 COMP	2:40 WARM
7:55 WARM	7:30 WARM	7:55 COMP	7:30 COMP
12:55 COMP	1:20 WARM	12:55 WARM	1:20 COMP

