



HOLIDAY SPLASH WARM-UP ASSIGNMENTS

SATURDAY AM – SESSION 1

GROUP 1: 8:00 – 8:25am

- BAC: Lanes 1-7
- STRM: Lane 8

GROUP 2: 8:25 – 8:50am

- MSS: Lane 1
- OCSC: Lanes 2-3
- VAST: Lanes 4-6
- DFAC & WAUN: Lanes 7-8

Warm-ups from 8:00 – 9:00am
Session from 9:05 – 12:15pm

Starts can be done at any time – **ALSO 8:50-9:00 is reserved for one-way sprints ONLY**

244 athletes, or about 15.3 per lane/slot

SATURDAY MID – SESSION 2

GROUP 1: 12:20 – 12:40pm

- BAC: Lanes 1-7
- STRM: Lane 8

GROUP 2: 12:40 – 1:00pm

- MSS: Lane 1
- OCSC: Lanes 2-3
- VAST: Lanes 4-6
- DFAC & WAUN: Lane 7
- Unassigned: Lane 8

Warm-ups from 12:20 – 1:05pm
Session from 1:10 – 3:20pm

Starts can be done at any time – **ALSO 1:00-1:05 is reserved for one-way sprints ONLY**

176 athletes, or about 11.0 per lane/slot

SATURDAY PM – SESSION 3

GROUP 1: 3:20 – 3:40pm

- BAC: Lanes 1-6
- STRM: Lanes 7-8

GROUP 2: 3:40 – 4:00pm

- MSS: Lane 1
- OCSC: Lanes 2-3
- VAST: Lanes 4-6
- DFAC: Lane 7
- WAUN: Lane 8

Warm-ups from 3:20 – 4:05
Session from 4:10 – 6:05pm

Starts can be done at any time – **ALSO 4:00 – 4:05 is reserved for one-way sprints ONLY**

171 athletes, or about 10.7 per lane/slot

SUNDAY AM – SESSION 4

GROUP 1: 8:00 – 8:25am

- BAC: Lanes 1-8

GROUP 2: 8:25 – 8:50am

- MSS: Lane 1
- OCSC: Lane 2
- STRM: Lanes 3-4
- VAST: Lanes 5-7
- Unassigned: Lane 8

Warm-ups from 8:00 – 9:00am
Session from 9:05 – 11:50am

Starts can be done at any time – **ALSO 8:50-9:00 is reserved for one-way sprints ONLY**

251 athletes, or about 15.7 per lane/slot

SUNDAY 500s SESSION 5

Warm-ups from 11:55 – 12:20
Session from 12:20 – 1:35

**THESE WARM UPS ARE
UNASSIGNED**