



## North Shore Swim Conference Championships

WARMUP ASSIGNMENTS				
FRIDAY				
5:30 PM				
SESSION				
START				
WARMUP TIMES	4:30-4:55 PM	4:55-5:20 PM		
LANE 1	SWAQ	SWAQ		
LANE 2	NTA	NTA		
LANE 3	WILD	NTA		
LANE 4	WILD	WILD		
LANE 5	SCT	SCT		
LANE 6	WSO	WSO		
BACK POOL	4:30-4:55 PM	4:55-5:20 PM		
LANE 1	NTA	NTA		
LANE 2	NTA	NTA		
LANE 3	SWAQ	WILD		
LANE 4	WILD	WILD		
LANE 5	WILD	WILD		
LANE 6	WSO	WSO		
SAT AM				
9:30 AM				
SAT PM				
NOON				
WARMUP TIMES	8:30-8:55 AM	8:55-9:20 AM	1:00-1:25 PM	1:25-1:50 PM
LANE 1	SWAQ	SWAQ	SWAQ	SWAQ
LANE 2	WILD	WILD	NTA	NTA
LANE 3	SCT	WILD	WILD	NTA
LANE 4	NTA	NTA	WILD	WILD
LANE 5	NTA	NTA	SCT	SCT
LANE 6	WSO	WSO	WSO	WSO
BACK POOL	8:30-8:55 AM	8:55-9:20 AM	1:00-1:25 PM	1:25-1:50 PM
LANE 1	SWAQ	SWAQ	WSO	WSO
LANE 2	WILD	WILD	SWAQ	SCT
LANE 3	WILD	WILD	WILD	WILD
LANE 4	WILD	NTA	WILD	NTA
LANE 5	NTA	NTA	NTA	NTA
LANE 6	NTA	NTA	NTA	NTA
SUN AM				
10:15 AM				
SUN PM				
2:30 PM				
WARMUP TIMES	9:15-9:40 AM	9:40-10:05 AM	1:00-1:25 PM	1:25-1:50 PM
LANE 1	SWAQ	SWAQ	SWAQ	SWAQ
LANE 2	NTA	NTA	NTA	NTA
LANE 3	NTA	NTA	NTA	NTA
LANE 4	WILD	WILD	WILD	WILD
LANE 5	SCT	WILD	SCT	WILD
LANE 6	WSO	WSO	WSO	WSO
BACK POOL	9:15-9:40 AM	9:40-10:05 AM	1:00-1:25 PM	1:25-1:50 PM
LANE 1	SWAQ	SWAQ	WSO	WSO
LANE 2	WILD	WILD	WILD	SCT
LANE 3	WILD	WILD	WILD	WILD
LANE 4	WILD	WILD	WILD	WILD
LANE 5	NTA	NTA	NTA	NTA
LANE 6	NTA	NTA	NTA	NTA

**EARLY A.M. DISTANCE SESSION IS OPEN WARMUP**