



# Connecticut Swimming

## Regional Championships-LEHY/HHAC WARM-UP & TIMER ASSIGNMENT Saturday, July 16th

	Warm-Up 1 13/OVER (6:15-6:35)	Warm-Up 2 13/OVER (6:35-6:55)	Warm-Up 3 12/Under (6:55-7:15)	Warm-Up 4 All Ages (7:15-7:30)
LANE 1	LEHY	MJCC	WHAT	PACE
LANE 2	IVY	MJCC	MJCC	SPRINTS
LANE 3	FVYT	CAC	LEHY	SPRINTS
LANE 4	FVYT	WWRX	IVY	CIRCLE
LANE 5	GLAS	CAT	WWRX SAQ	CIRCLE
LANE 6	HHAC SAQ	NMEG HYR	FVYT CAT	SPRINTS
LANE 7	WHAT	NMEG WRTS	CAC NMEG NCA	SPRINTS
LANE 8	NCA	OPEN	GLAS OAK WRTS HHAC	PACE

### Timing Assignments:

**CAC-2 Timers**

**CAT-1 Timer**

**FVYT-2 Timers**

**GLAS-1 Timer**

**IVY-3 Timers**

**NCA-2 Timers**

**MJCC-4 Timers**

**WHAT-3 Timers**

**WWRX-2 Timers**



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LANE 1	LEHY	MJCC	MJCC	PACE
LANE 2	LEHY	MJCC	MJCC WWRX	SPRINTS
LANE 3	IVY	WWRX	LEHY	SPRINTS
LANE 4	IVY	NMEG	WHAT	SPRINTS
LANE 5	FVYT	CAT	IVY	CIRCLE
LANE 6	FVYT	NCA	FVYT NCA CAC	CIRCLE
LANE 7	WHAT	CAC	GLAS NMEG CAT OAK	SPRINTS
LANE 8	HHAC SAQ	HYR WRTS GLAS	SAQ HHAC WRTS HYR	PACE

### Timing Assignments:

**CAC-2 Timers**

**FVYT-2 Timers**

**GLAS-1 Timer**

**IVY-3 Timers**

**MJCC-4 Timers**

**NCA-2 Timers**

**NMEG-1 Timer**

**WHAT-3 Timers**

**WWRX-2 Timers**