



Warm-Up Assignments for 2022 LC Regionals at Cheshire Community Pool

5:00pm-5:25pm- All 13 & Over Open warm up in all lanes
 5:25pm-5:45pm- All 12 & Under Open warm up in all lanes

Specific warm-up will run from 5:45pm to 6:00pm and will be set up as follows:

<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>	<u>Lane 8</u>
Pace	One Way	One Way	12&U	13&O	One Way	One Way	Pace
Lane	Dive Sprints	Dive Sprints	Circle Swim	Circle Swim	Dive Sprints	Dive Sprints	Lane