



## Warm Up Assignments for the 2022 LC Regionals at Cheshire Community Pool

### Session 2, Saturday:

6:30-6:55am, 13 & over

Lane 1: CDOG  
Lane 2: CDOG (11), GWYB, WFYD  
Lane 3: RAYS  
Lane 4: RAYS (5), BPSL, NSC  
Lane 5: FINS, SLAC  
Lane 6: SYS, SEAL, VSYM  
Lane 7: BULL, SWAT  
Lane 8: WAC

6:55-7:15am, 12 & Under

Lane 1: CDOG  
Lane 2: CDOG, SWAT  
Lane 3: RAYS, FINS  
Lane 4: WAC  
Lane 5: SYS, GWYB  
Lane 6: NSC, VSYM  
Lane 7: SEAL, SLAC, WFYD  
Lane 8: BULL, BSPL

7:15-7:30am, Specific Warm-Up

Lane 1: PACE  
Lane 2: One Way Sprints  
Lane 3: One Way Sprints  
Lane 4: 12 & U Circle Swim  
Lane 5: 13 & O Circle Swim  
Lane 6: One Way Sprints  
Lane 7: One Way Sprints  
Lane 8: One Way Sprints



**Session 3, Sunday:**

6:30-6:50am, 12 & Under

- Lane 1: CDOG
- Lane 2: CDOG, SWAT
- Lane 3: RAYS, FINS
- Lane 4: WAC
- Lane 5: SYS, GWYB
- Lane 6: NSC, VSYM
- Lane 7: SEAL, SLAC, WFYD
- Lane 8: BULL, BSPL

6:50-7:15am, 13 & Over

- Lane 1: CDOG
- Lane 2: CDOG (11), GWYB, WFYD
- Lane 3: RAYS
- Lane 4: RAYS (5), BPSL, NSC
- Lane 5: FINS, SLAC
- Lane 6: SYS, SEAL, VSYM
- Lane 7: BULL, SWAT
- Lane 8: WAC

7:15-7:30am, Specific Warm-Up

- Lane 1: PACE
- Lane 2: One Way Sprints
- Lane 3: One Way Sprints
- Lane 4: 12 & U Circle Swim
- Lane 5: 13 & O Circle Swim
- Lane 6: One Way Sprints
- Lane 7: One Way Sprints
- Lane 8: One Way Sprints