

## 2022 CT Senior Invite Warm-Up Assignments

### THURSDAY

#### COMPETITION POOL

TIME/LANE	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
4:30-5:10	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE
5:10-5:25	PACE	SPRINTS	SPRINTS	SPRINTS	SPRINTS	PACE

#### WARM-UP POOL

TIME/LANE	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
4:30-5:10	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE
5:10-5:25	PACE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	PACE

### FRIDAY AM

#### COMPETITION POOL

TIME/LANE	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00-7:27	CPAC	CPAC	CPAC	CPAC	CPAC	LEHY/AISC/VSYM/SAO
7:29-7:56	FINS	ARAC	NAC	WEST	WEST	WEST
7:58-8:25	SSAC	WHAT	RST	OAK	OAK	OAK
8:25-8:40	PACE	SPRINTS	SPRINTS	SPRINTS	SPRINTS	PACE

#### WARM-UP POOL

TIME/LANE	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00-7:27	PSDY/MSC/SLAC/WFYD	RAYS	NFAF/IVY	SYS	SEAL	HHAC
7:29-7:56	RYWC	RYWC	RYWC	WRAT	NCY	NCY
7:58-8:25	WYW	WYW	WAC	RAC	RAC	MJCC
8:25-8:40	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE





## SUNDAY DISTANCE

The Sunday Distance Session warm-up will begin at the conclusion of the Sunday AM session.

## SUNDAY FINALS

### COMPETITION POOL

TIME/LANE	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
3:30-4:00 – All Swimmers	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE
4:00-4:40- Finals Swimmers Only	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE
4:40-4:55	PACE	SPRINTS	SPRINTS	SPRINTS	SPRINTS	PACE

### WARM-UP POOL

TIME/LANE	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
3:30-4:00 – All Swimmers	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE
4:00-4:40- Finals Swimmers Only	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE
4:40-4:55	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE	CIRCLE