Regional Championships Warm-up, Saturday AM March 2, 2024

Warm Up: 7:15 AM, Start Time: 8:25 AM

Use Your Lanes for Sprints During Warm Ups

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Session 1 |  | 7:15 – 7:35 |  | Session 1 |  | 7:35 – 7:55 |
| Lane | Age | Teams |  | Lane | Age | Teams |
| 1 | 12/U  Girls | LEHY-7 |  | 1 | 12/U  Girls | GLAS-6  WHAT-1 |
| 2 | 12/U  Girls | LEHY-7 |  | 2 | 12/U  Girls | OAK-8 |
| 3 | 12/U  Girls | LEHY-7 |  | 3 | 12/U  Girls | NCA-6 |
| 4 | 12/U  Girls | FVYT-12 |  | 4 | 12/U  Girls | WWRX-7 |
| 5 | 12/U Girls | MJCC-8 |  | 5 | 12/U Girls | SAQ-6 |
| 6 | 12/U Girls | MCJCC-8 |  | 6 | 12/U Girls | IVY-11 |

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| Session 3 |  | 7:55 – 8:20 |
| Lane | Age | Teams |
| 1 | 13/O  Boys | LEHY-7 |
| 2 | 13/O  Boys | IVY-8 |
| 3 | 13/O  Boys | GLAS-6  MJCC-2 |
| 4 | 13/O  Boys | WWRX-5  SAQ-5 |
| 5 | 13/O  Boys | FVYT-7 |
| 6 | 13/O  Boys | OAK-5  NCA-2 |

Regional Championships Warm-up, Saturday PM, March 2, 2024

Warm Up: 12:00 PM, Start: 1:15 PM

Use Your Lanes for Sprints During Warm Ups

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Session 1 |  | 12:00 – 12:25 |  | Session 2 |  | 12:25 – 12:50 |
| Lane | Age | Teams |  | Lane | Age | Teams |
| 1 | 13/0  Girls | LEHY-7 |  | 1 | 13/0  Girls | FVYT-6 |
| 2 | 13/O  Girls | LEHY-7 |  | 2 | 13/O  Girls | SAQ-3  NCA-5 |
| 3 | 13/O  Girls | LEHY-7 |  | 3 | 13/O  Girls | OAK-7 |
| 4 | 13/O  Girls | MJCC-8 |  | 4 | 13/O  Girls | WWRX-7 |
|  |  |  |  |  |  | 12:30 – 12:50 |
| 5 | 13/O  Girls | IVY-11 |  | 5 | 12/U Boys | LEHY-9 |
| 6 | 13/O  Girls | GLAS-9 |  | 6 | 12/U Boys | LEHY-10 |
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| Session 3 |  | 12:50 – 1:10 |
| Lane | Age | Teams |
| 1 | 12/U Boys | MJCC-13 |
| 2 | 12/U Boys | FVYT-10 |
| 3 | 12/U Boys | GLAS-9 |
| 4 | 12/U Boys | OAK-6  SAQ-1  WHAT-1 |
| 5 | 12/U Boys | IVY-7 |
| 6 | 12/U Boys | NCA-5  WWRX-6 |

Regional Championships Warm-up, Sunday AM, March 3, 2024

Warm-Up Time: 7:15 AM, Start Time: 8:25 AM

Use Your Lanes for Sprints During Warm Ups

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Session 1 |  | 7:15 – 7:40 |  | Session 2 |  | 7:40 – 8:00 |
| Lane | Age | Teams |  | Lane | Age | Teams |
| 1 | 13/O  Boys | LEHY-8  WHAT-1 |  | 1 | 12/U  Girls | FVYT-6 |
| 2 | 13/O  Boys | GLAS-8 |  | 2 | 12/U  Girls | FVYT-6 |
| 3 | 13/O  Boys | IVY-8 |  | 3 | 12/U  Girls | FVYT-6 |
| 4 | 13/O  Boys | OAK-6  FVYT-6 |  | 4 | 12/U  Girls | LEHY-7 |
| 5 | 13/O  Boys | WWRX-6  NCA-2 |  | 5 | 12/U Girls | LEHY-7 |
| 6 | 13/O  Boys | SAQ-7  MJCC-2 |  | 6 | 12/U Girls | LEHY-7 |

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| Session 3 |  | 8:00 – 8:20 |
| Lane | Age | Teams |
| 1 | 12/U  Girls | IVY-8 |
| 2 | 12/U  Girls | IVY-7 |
| 3 | 12/U  Girls | OAK-8 |
| 4 | 12/U  Girls | SAQ-12  WHAT-1 |
| 5 | 12/U Girls | MJCC-13  NCA-3 |
| 6 | 12/U Girls | WWRX-8  GLAS-8 |

Regional Championships Warm-up, Sunday PM, March 3, 2024

Warm-Up Time: 12:00 PM, Start: 1:15 PM

Use Your Lanes for Sprints During Warm Ups

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Session 1 |  | 12:00-12:25 |  | Session 2 |  | 12:25-12:50 |
| Lane | Age | Teams |  | Lane | Age | Teams |
| 1 | 13/O  Girls | LEHY-7 |  | 1 | 13/O  Girls | WWRX-7 |
|  |
| 2 | 13/O  Girls | LEHY-7 |  | 2 | 13/O  Girls | IVY-9 |
| 3 | 13/O  Girls | LEHY-6 |  | 3 | 13/O  Girls | SAQ-4  NCA-4 |
| 4 | 13/O  Girls | MJCC-11 |  | 4 | 13/O  Girls | FVYT-6 |
|  |  |  |  |  |  | 12:30-12:50 |
| 5 | 13/O  Girls | GLAS-11 |  | 5 | 12/U  Boys | MJCC-7 |
| 6 | 13/O  Girls | OAK-9 |  | 6 | 12/U  Boys | MJCC-7 |
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|  |  |  |
| --- | --- | --- |
| Session 3 |  | 12:50-1:10 |
| Lane | Age | Teams |
| 1 | 12/U  Boys | LEHY-12 |
| 2 | 12/U  Boys | LEHY-8 |
| 3 | 12/U  Boys | OAK-7  WWRX-6 |
| 4 | 12/U  Boys | GLAS-9  WHAT-1 |
| 5 | 12/U Boys | FVYT-11 |
| 6 | 12/U  Boys | IVY-3  NCA-4  SAQ-2 |