**Connecticut Swimming Regional Championships**

**Hosted by Storrs Aquatics @ UConn**

 **7/20/2024 to 7/21/2024**

**Warm Up Assignments**

**SATURDAY AFTERNOON**

**13/Over Session I: 2:00 – 2:22 pm Session II: 2:23 – 2:45 pm**

**Lane 1 – BSPL & NCA Lane 1 – LEHY**

**Lane 2 – FVYT Lane 2 – LEHY**

**Lane 3 – GLAS Lane 3 – RAYS**

**Lane 4 – GLAS Lane 4 – RAYS**

**Lane 5 – IVY & TAC Lane 5 – WWRX**

**Lane 6 – NSC & SAQ Lane 6 – NMEG & NWYL**

**Session III: 2:45 – 2:55 pm one way sprint all 6 lanes**

**Meet Starts @ 3:00 pm**

**SUNDAY AFTERNOON**

**13/Over Session I: 2:00 – 2:22 pm Session II: 2:23 – 2:45 pm**

**Lane 1 – LEHY Lane 1 – BSPL & NCA**

**Lane 2 – LEHY Lane 2 – GLAS**

**Lane 3 – RAYS Lane 3 – GLAS**

**Lane 4 – RAYS Lane 4 – IVY & HALE**

**Lane 5 – WWRX Lane 5 – FVYT & NMEG**

**Lane 6 – NWYL & SAQ Lane 6 – NSC**

**Session III: 2:45 – 2:55 pm one way sprint all 6 lanes**

**Meet Starts @ 3:00 pm**