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

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| --- | --- | --- | --- | --- | --- | --- |
| Session 1 |  | 7:15 – 7:35 |  | Session 1 |  | 7:35 – 7:55 |
| Lane | Age | Teams |  | Lane | Age | Teams |
| 1 | 12/UGirls | LEHY-7 |  | 1 | 12/UGirls | GLAS-6WHAT-1 |
| 2 | 12/UGirls | LEHY-7 |  | 2 | 12/UGirls | OAK-8 |
| 3 | 12/UGirls | LEHY-7 |  | 3 | 12/UGirls | NCA-6 |
| 4 | 12/UGirls | FVYT-12 |  | 4 | 12/UGirls | 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/OBoys | LEHY-7 |
| 2 | 13/OBoys | IVY-8 |
| 3 | 13/OBoys | GLAS-6MJCC-2 |
| 4 | 13/OBoys | WWRX-5SAQ-5 |
| 5 | 13/OBoys | FVYT-7 |
| 6 | 13/OBoys | OAK-5NCA-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

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

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

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