Warm-Up Assignments

2025 CDOG SC Regional Championships—Saturday & Sunday

**Saturday AM, 12&U Girls & 13&O Boys**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** |
| **13&O Boys, 8:00-8:30 AM** | BSPL | GWYB | RAYS | MAC | NWYL  LST | SEAL  FINS | WRTS  YCST |  |
| **12&U Girls, 8:30-8:55 AM** | FINS | PAC | PAC | RAYS | RAYS  SEAL | MAC  LST | WRTS  BPSL | GWYB  YCST |
| **Specific, 8:55-9:10 AM** | Pace | One Way Sprint | One Way Sprint | One Way Sprint | One Way Sprint | One Way Sprint | One Way Sprint | Pace |

**Saturday PM, 12&U Boys & 13&O Girls**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** |
| **13&O Girls, 1:15-1:45 PM** | SEAL | RAYS | RAYS | RAYS  LST | SEAL  GWYB | FINS  BPSL | PAC  MAC | WRTS  YCST  NWYL |
| **12&U Boys, 1:45-2:10 PM** | PAC | PAC | PAC  BSPL | RAYS  FINS | MAC  LST | SEAL  YCST | WRTS  NWYL | WRTS |
| **Specific, 2:10-2:25 PM** | Pace | One Way Sprint | One Way Sprint | One Way Sprint | One Way Sprint | One Way Sprint | One Way Sprint | Pace |

Warm-Up Assignments

2024 SC Regional Championships—Saturday & Sunday

**Sunday AM, 12&U Girls & 13&O Boys**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** |
| **12&U Girls, 8:00-8:30 AM** | FINS | PAC | PAC | RAYS | RAYS  SEAL | YCST  BSPL | MAC  LST | WRTS  GWYB |
| **13&O Boys, 8:30-8:55 AM** | BPSL | GWYB | SEAL | MAC | RAYS | RAYS  NWYL | LST  FINS | WRTS  YCST |
| **Specific, 8:55-9:10 AM** | Pace | One Way Sprint | One Way Sprint | One Way Sprint | One Way Sprint | One Way Sprint | One Way Sprint | Pace |

**Sunday PM, 12&U Boys & 13&O Girls**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Lane 1** | **Lane 2** | **Lane 3** | **Lane 4** | **Lane 5** | **Lane 6** | **Lane 7** | **Lane 8** |
| **12&U Boys, 1:15-1:45 PM** | RAYS | WRTS | PAC | PAC | PAC  BSPL | NWYL  YCST | RAYS  MAC  FINS | SEAL  LST  GWYB |
| **13&O Girls, 1:45-2:10 PM** | SEAL | SEAL | RAYS | RAYS | RAYS  PAC | MAC  WRTS | FINS  BPSL  GWYB | NWYL  LST  YCST |
| **Specific, 2:10-2:25 PM** | Pace | One Way Sprint | One Way Sprint | One Way Sprint | One Way Sprint | One Way Sprint | One Way Sprint | Pace |