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 | NWYLLST | SEALFINS | WRTSYCST |  |
| **12&U Girls, 8:30-8:55 AM** | FINS | PAC | PAC | RAYS | RAYSSEAL | MACLST | WRTSBPSL | GWYBYCST |
| **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 | RAYSLST | SEALGWYB | FINSBPSL | PACMAC | WRTSYCSTNWYL |
| **12&U Boys, 1:45-2:10 PM** | PAC | PAC | PACBSPL | RAYSFINS | MACLST | SEALYCST | WRTSNWYL | 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 | RAYSSEAL | YCSTBSPL | MACLST | WRTSGWYB |
| **13&O Boys, 8:30-8:55 AM** | BPSL | GWYB | SEAL | MAC | RAYS | RAYSNWYL | LSTFINS | WRTSYCST |
| **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 | PACBSPL | NWYLYCST | RAYSMACFINS | SEALLSTGWYB |
| **13&O Girls, 1:45-2:10 PM** | SEAL | SEAL | RAYS | RAYS | RAYSPAC | MACWRTS | FINSBPSLGWYB | NWYLLSTYCST |
| **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 |