



14 & Under LC Championship  
Warm up Assignments

Warm Up #1 **6:30- 7:00am**  
Times Corrected

WARM UP #2 **7:00- 7:30am**  
Times Corrected

RMSC	LANE 1,2,3,7,8
MACH	LANE 3,4
FISH	LANE 6
MAKO	LANE 5
ASA	LANE 5
FAST	LANE 5
BWST	LANE 6
PEAK	LANE 6
JFD	LANE 6

CUBU	LANE 1,2,3,4
PM	LANE 4
OCCS	LANE 5
AAC	LANE 5
HOYA	LANE 6
UNAT	LANE 6
HACC	LANE 6
YORK	LANE 6
MSSC	LANE 6
SNOW	LANE 7
SDS	LANE 8
FGAC	LANE 8

- \*EACH WARM UP IS FOR 30 MINUTES IN THE LC POOL.
- \*SPRINTS ARE TO BE DONE IN YOUR OWN LANE.
- \* THE BACK SC POOL WILL BE OPEN FOR GENERAL WARM UP & CONTINUOUS WARM UP/COOL DOWN.