

## 2019 CCAA Championship Meet Warm-up Assignments

Each team will keep the same lane for all three days, but the time assignment will change from day to day.

<b>Group 1</b>	<b>Lane 1</b> DW	<b>Lane 2</b> FJ	<b>Lane 3</b> LP	<b>Lane 4</b> HYC	<b>Lane 5</b> BH	<b>Lane 6</b> open
<b>Group 2</b>	<b>Lane 1</b> CCC	<b>Lane 2</b> JIST	<b>Lane 3</b> DI	<b>Lane 4</b> SML	<b>Lane 5</b> SF	<b>Lane 6</b> open
<b>Group 3</b>	<b>Lane 1</b> LOST	<b>Lane 2</b> NBT	<b>Lane 3</b> SM	<b>Lane 4</b> CCST	<b>Lane 5</b> PKS	<b>Lane 6</b> open
<b>Group 4</b>	<b>Lane 1</b> PFST	<b>Lane 2</b> SVY	<b>Lane 3</b> CF	<b>Lane 4</b> ASH	<b>Lane 5</b> NST	<b>Lane 6</b> open

### Friday, July 12

<b>4:00-4:20</b>	Group 1
<b>4:20-4:40</b>	Group 2
<b>4:40-5:00</b>	Group 3
<b>5:00-5:20</b>	Group 4

### Saturday, July 13

<b>7:30-7:50</b>	Group 4
<b>7:50-8:10</b>	Group 3
<b>8:10-8:30</b>	Group 2
<b>8:30-8:50</b>	Group 1

### Sunday, July 14

<b>7:30-7:50</b>	Group 3
<b>7:50-8:10</b>	Group 4
<b>8:10-8:30</b>	Group 1
<b>8:30-8:50</b>	Group 2

**There will be one open lane in each warm-up group. This lane will be available for swimmers who arrive late for their team's warmup period. This lane will also be open for swimmers to practice backstroke starts and turns with a touch pad in place.**

**Swimmers may only dive off of the starting blocks during warm-ups if all swimmers in the lane are swimming in the same direction. If swimmers in a lane are swimming in both directions, other swimmers in that lane must enter the pool feet first.**