

2023 CCAA Championship Meet Warm-up Assignments

Each team will keep the same lanes and times for both days.

Group 1	Pool A Lanes 1-2 NC	8:00-8:30 AM Lanes 3-4 NBT	Lanes 5-6 NST	Lanes 7-8 PKS	Lanes 9-10 LOST
Group 2	Pool B Lanes 1-2 CF	8:00-8:30 AM Lanes 3-4 SVY	Lanes 5-6 ASH	Lanes 7-8 SML	Lanes 9-10 open
Group 3	Pool A Lanes 1-2 SF	8:30-9:00 AM Lanes 3-4 LP	Lanes 5-6 FJ	Lanes 7-8 HYC	Lanes 9-10 JIST
Group 4	Pool B Lanes 1-2 CCC	8:30-9:00 AM Lanes 3-4 WCW	Lanes 5-6 SM	Lanes 7-8 DI	Lanes 9-10 open

Teams will warm up in their assigned lanes for the first 20 minutes of the warm-up period. For the final 10 minutes of the warm-up period, all 10 lanes of Competition Pool A will be available for swimmers from those teams to practice starts, turns, and finishes.

Any open lanes in the second warm-up period for each session may be used by swimmers from the first warm-up period who arrived late.

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.