

2024 CCAA Championship Meet Warm-up Assignments

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

The 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.