

2022 CCAA Championship Meet Warm-up Assignments

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

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