

FRIDAY AFTERNOON

CHAMPS SESSION 1				
Warm-ups to start at 12 Noon				
	First 20 Minutes		Second 20 Minutes	
	Racing #	Warm-up #	Racing #	Warm-up #
ACAC	1 & 2	closed		closed
BHSC	3 & 4	closed		closed
CGST	5 & 6	closed		closed
CITY	7	closed		closed
ELKS	8	closed		closed
FAST	9	closed		closed
FCC		closed	1 & 2	closed
FLST	10	closed		closed
FSBC		closed	3	closed
FV		closed	4	closed
GCC		closed	5	closed
GHG		closed	6	closed
HM		closed	7	closed
KWC		closed	8	closed
LG		closed	9	closed
LMST		closed	10	closed
* = shared lane			* = shared lane	

FRIDAY EVENING

CHAMPS SESSION 2						
Warm-ups to start at approximately 2:30PM						
	First 20 Minutes		Second 20 Minutes		Third 20 Minutes	
	Racing #	Warm-up #	Racing #	Warm-up #	Racing #	Warm-up #
ACAC	1	1 & 2				
BHSC	2 & 3	3 & 4				
CGST	4, 5, & 6	5 & 6				
CITY	7 & 8	7				
ELKS			1	1		
FAST					1, 2, 3	1 & 2
FCC					4	3 & 4
FLST	9 & 10	8 & 9				
FSBC			2 & 3	2 & 3		
FV			4, 5, & 6	4 & 5		
GCC					5	5
GHG			7 & 8	6 & 7		
HM			9 & 10	8 & 9		
KWC					6 & 7	6
LG					8 & 9	7
LMST					10	8 & 9
* = shared lane			* = shared lane		* = shared lane	

IMPORTANT NOTES:

Racing # = Lane # in RACING pool designated as LAP OR SPRINT LANES at coach's discretion

Warm-up # = Lane # in WARM-UP pool designated as LAP LANES ONLY - 2-way swimming, no diving allowed

Lane assignments based on actual entries by each team for each session.

SATURDAY MORNING

CHAMPS SESSION 3						
Warm-ups to start at 7:45AM						
	First 20 Minutes		Second 20 Minutes		Third 20 Minutes	
	Racing #	Warm-up #	Racing #	Warm-up #	Racing #	Warm-up #
ACAC			1 & 2	1 & 2		
BHSC			3, 4, & 5	3 & 4		
CGST			6, 7, & 8	5 & 6		
CITY					1 & 2	1 & 2
ELKS				7		
FAST					3, 4, 5	3, 4, 5,
FCC	6 & 7	6				
FLST	1	1				
FSBC			9 & 10	8 & 9		
FV	2 & 3	2 & 3				
GCC	4 & 5	4 & 5				
GHG					6 & 7	6
HM	8 & 9	7				
KWC	10	8 & 9				
LG					8	7 & 8
LMST					9 & 10	9
* = shared lane			* = shared lane		* = shared lane	

SATURDAY AFTERNOON

CHAMPS SESSION 4						
Warm-ups to start at approximately 11:45AM						
	First 20 Minutes		Second 20 Minutes		Second 20 Minutes	
	Racing #	Warm-up #	Racing #	Warm-up #	Racing #	Warm-up #
ACAC					1	1 & 2
BHSC					2 & 3	3 & 4
CGST					4, 5, & 6	5, 6, & 7
CITY			1	1 & 2		
ELKS	4	4				
FAST			2, 3, 4	3 & 4		
FCC					7 & 8	8
FLST					9 & 10	9
FSBC	8, 9, & 10	8 & 9				
FV			8, 9, & 10	8 & 9		
GCC			5	5		
GHG			6 & 7	6 & 7		
HM	1 & 2	1 & 2				
KWC	3	3				
LG	5 & 6	5 & 6				
LMST	7	7				
* = shared lane			* = shared lane		* = shared lane	

IMPORTANT NOTES:

Racing # = Lane # in RACING pool designated as LAP OR SPRINT LANES at coach's discretion
 Warm-up # = Lane # in WARM-UP pool designated as LAP LANES ONLY - 2-way swimming, no diving allowed
 Lane assignments based on actual entries by each team for each session.