

JSL 2024 CHAMPS WARM-UP LANE ASSIGNMENTS

FRIDAY MORNING
CHAMPS SESSION 1 (11-12's)

Warm-ups to START at 9:45AM. Follow your team's directions for arrival time.

TEAM	First 15 min	Second 15 min	Third 15 min	Fourth 15 min
ACAC	1, 2			
BHSC	3, 4, 5			
CBST				1
CGST			1, 2, 3, 4, 5	
CITY	6, 7, 8			
ELKS				7*
FAST				2, 3
FCC	9, 10			
FLST			6, 7	
FSBC		1, 2		
FV				4
GHG				5
GLEN				6
HM		3, 4, 5, 6, 7		
KWC		8, 9, 10		
LG			8, 9, 10	
LMST				7*, 8, 9, 10
				* = shared lane

FRIDAY AFTERNOON
CHAMPS SESSION 2 (13-18's)

Warm-ups to START APPROXIMATELY at 2:00PM. Follow your team's directions for arrival time.

TEAM	First 15 min	Second 15 min	Third 15 min	Fourth 15 min	Fifth 15 min
ACAC					1, 2, 3
BHSC					4, 5, 6, 7, 8
CBST					9, 10*
CGST		1, 2, 3, 4, 5, 6			
CITY				1, 2, 3, 4	
ELKS					10*
FAST	1, 2,				
FCC			1		
FLST		7, 8			
FSBC			2, 3, 4, 5		
FV				5, 6, 7	
GHG	3, 4, 5				
GLEN	6, 7				
HM			6, 7, 8, 9, 10		
KWC		9, 10			
LG				8, 9, 10	
LMST	8, 9, 10				
					* = shared lane

IMPORTANT NOTES:

Coaches MUST be clear in assigning SPRINT LANES ONLY - dive in, swim to other end, get out.
Coaches MUST be clear in assigning LAP LANES ONLY - 2-way swimming, no diving allowed
The lanes are numbered 1 to 10 from RIGHT to LEFT standing on the starting blocks

JSL 2024 CHAMPS WARM-UP LANE ASSIGNMENTS

SATURDAY MORNING
CHAMPS SESSION 3 (5-8's)

Warm-ups to START at 7:45AM. Follow your team's directions for arrival time.

TEAM	First 15 min	Second 15 min	Third 15 min	Fourth 15 min	Fifth 15 min
ACAC			1, 2, 3		
BHSC				1, 2, 3, 4, 5, 6	
CBST			4		
CGST					1, 2, 3, 4, 5, 6
CITY					7, 8, 9, 10
ELKS	1				
FAST			5		
FCC			6, 7, 8		
FLST			9, 10		
FSBC	2, 3, 4				
FV		1, 2			
GHG		3, 4, 5			
GLEN		6, 7			
HM	5, 6, 7				
KWC	8, 9, 10				
LG		8, 9,10			
LMST				7, 8, 9, 10	

SATURDAY AFTERNOON
CHAMPS SESSION 4 (9-10's)

Warm-ups to START APPROXIMATELY at 12:45PM. Follow your team's directions for arrival time.

TEAM	First 15 min	Second 15 min	Third 15 min	Fourth 15 min
ACAC		1, 2		
BHSC			1, 2, 3, 4	
CBST		3		
CGST			5, 6, 7, 8, 9, 10	
CITY		4, 5, 6, 7		
ELKS				3*
FAST	1			
FCC	2			
FLST				1, 2
FSBC		8, 9, 10		
FV	3, 4			
GHG	5			
GLEN	6, 7			
HM				3*, 4, 5, 6
KWC	8, 9,10			
LG				7, 8
LMST				9, 10
				* = shared lane

IMPORTANT NOTES:

Coaches MUST be clear in assigning SPRINT LANES ONLY - dive in, swim to other end, get out.
Coaches MUST be clear in assigning LAP LANES ONLY - 2-way swimming, no diving allowed
The lanes are numbered 1 to 10 from RIGHT to LEFT standing on the starting blocks