

Silver Champs 12 & Under

Warmup Times/Session Start

Session	Ages	Warmup	Start
1	9-10	7:15	8:15
2	11	11:00	12:00
3	12	2:30	3:00

Lane Assignments For warmups

		Lane								
Session		1	2	3	4	5	6	7	8	9
1	9-10	WFY	WFY	PAA/ESC	RY/CAT	XCEL/MYM	SAC/NJBL	STVN/WEY	DORC/SVY	All others
2	11	WFY	ESC	PAA	RY/WEY	CAT/SAC	CJAC/EEX	XCEL/MEY	MYM/SVY/HACY	All others
3	12	WFY	CAT/EEX	ESC/CJAC	XCEL/NJBL	RY/TAC	PAA/STVN	SVY/BB	HACY/MYM	All others

Timing assignments

		Lane								
Session		1	2	3	4	5	6	7	8	9
1	9-10	WFY	PAA	ESC	RY	CAT	XCEL	MYM	SAC	STVN
2	11	WFY	ESC	PAA	CAT	RY	CJAC	EEX	XCEL	MEY
3	12	WFY	CAT	ESC	XCEL	RY	PAA	SVY	HACY	MYM

SPECIAL NOTE:

We anticipate the roof will be open and the sun strong. Please ask your swimmers/parents to come prepared for the conditions with hat, suntan lotion, and a coverup if necessary (shirt, robe, etc.)

Backup 1	Backup 2
NJBL	WEY
TAC	MYM
BB	SAC