

2023 WINTER BLAST OFF

Warmup assignments

FRIDAY PM 4:45 - 5:40pm

MAIN POOL

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NTA	NTA	GSC	PAC	WSO	YWFF	WILD	WILD

DIVING WELL

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
NTA	GSC	PAC	YWFF	YWFF

SHALLOW END

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
WILD	WILD	WILD	WILD	WILD	WILD

SATURDAY & SUNDAY AM (8&U, 9&10) 7-7:55am

MAIN POOL

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NTA	GSC	PAC	WSO	YWFF	WILD	WILD	WILD

DIVING WELL

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
NTA	GSC	GSC	PAC	PAC

SHALLOW END

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
WILD	WILD	WILD	WILD	WILD	WILD

SATURDAY & SUNDAY MID (11&12) 10:15-11:10

MAIN POOL

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NTA	GSC	PAC	WSO	YWFF	WILD	WILD	WILD

DIVING WELL

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
NTA	GSC	PAC	WILD	WILD

SATURDAY & SUNDAY PM (13&14, 15&O) 1:15-2:10pm

MAIN POOL

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
NTA	NTA	PAC	WSO	YWFF	GSC	WILD	WILD

DIVING WELL

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
NTA	GSC	PAC	PAC	WILD