

2009 CCAA Championship Meet Warm-up Assignments

Each team will keep the same lane for all three days, but the time assignment will change from day to day.

Group 1	Lane 1 (empty)	Lane 2 NBT	Lane 3 TFST	Lane 4 SF	Lane 5 PFCC	Lane 6 JCC
Group 2	Lane 1 (empty)	Lane 2 PKS	Lane 3 CCC	Lane 4 SM	Lane 5 NST	Lane 6 ION
Group 3	Lane 1 ASH	Lane 2 FJ	Lane 3 CCST	Lane 4 HYC	Lane 5 FAST	Lane 6 BYST
Group 4	Lane 1 JIST	Lane 2 DW	Lane 3 DI	Lane 4 SML	Lane 5 CF	Lane 6 LP

Sunday, July 19

1:40-2:00	Group 1
2:00-2:20	Group 2
2:20-2:40	Group 3
2:40-3:00	Group 4

Monday, July 20

4:00-4:20	Group 2
4:20-4:40	Group 3
4:40-5:00	Group 4
5:00-5:20	Group 1

Tuesday, July 21

4:00-4:20	Group 3
4:20-4:40	Group 4
4:40-5:00	Group 1
5:00-5:20	Group 2

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.