

## 2010 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.

<b>Group 1</b>	<b>Lane 1</b> SVY	<b>Lane 2</b> PKS	<b>Lane 3</b> CCC	<b>Lane 4</b> SM	<b>Lane 5</b> NST	<b>Lane 6</b> ION
<b>Group 2</b>	<b>Lane 1</b> ASH	<b>Lane 2</b> FJ	<b>Lane 3</b> CCST	<b>Lane 4</b> HYC	<b>Lane 5</b> WTFST	<b>Lane 6</b> BYST
<b>Group 3</b>	<b>Lane 1</b> LOST	<b>Lane 2</b> DW	<b>Lane 3</b> DI	<b>Lane 4</b> SML	<b>Lane 5</b> PFCC	<b>Lane 6</b> LP
<b>Group 4</b>	<b>Lane 1</b> JIST	<b>Lane 2</b> NBT	<b>Lane 3</b> FAST	<b>Lane 4</b> SF	<b>Lane 5</b> CF	<b>Lane 6</b> JCC

### Sunday, July 18

<b>1:40-2:00</b>	Group 1
<b>2:00-2:20</b>	Group 2
<b>2:20-2:40</b>	Group 3
<b>2:40-3:00</b>	Group 4

### Monday, July 19

<b>4:00-4:20</b>	Group 2
<b>4:20-4:40</b>	Group 3
<b>4:40-5:00</b>	Group 4
<b>5:00-5:20</b>	Group 1

### Tuesday, July 20

<b>4:00-4:20</b>	Group 3
<b>4:20-4:40</b>	Group 4
<b>4:40-5:00</b>	Group 1
<b>5:00-5:20</b>	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.**