2010 Nutmeg Championship Warm-up Assignments

Note: There has been a time change for the 9-10 sessions. Warm-ups will now begin at 11:30 and will consist of two 25 minute periods. Meet start time will be 12:30.

Friday Night – 5:00pm WARM-UP 5:35pm START

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BRS	BRS	WAC	SMST	SHKS	WEST	ARAC	ARAC

Saturday 11-12's – 7:30am WARM-UP 8:15am START

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BRS	BRS	WEST	SMST	SHKS/WILD	WAC	ARAC	ARAC

Saturday 9-10's – 11:30am WARM-UP 12:30pm START

Session 1: 11:30 – 11:55

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WEST	WEST	WEST	SHKS	SHKS	SMST	SMST	SMST

Session 2: 11:55 – 12:20

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BRS	BRS	BRS	BRS	WAC	WILD	ARAC	ARAC

Saturday 8-unders – 3:20pm WARM-UP 4:00pm START

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WEST	WEST	BRS	WAC/WILD	SHKS	SMST	ARAC	ARAC

Saturday Finals – 6:15pm WARM-UP 6:50pm START

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

Sunday 11-12's – 8:00am WARM-UP 8:45am START

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BRS	BRS	WEST	SMST	WAC	SHKS	ARAC	ARAC

Sunday 9-10's – 11:30am WARM-UP 12:30pm START

Session 1: 11:30 – 11:55

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WEST	WEST	WEST	SHKS	SHKS	SMST	SMST	SMST

Session 2: 11:55 – 12:20

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BRS	BRS	BRS	BRS	WAC	WILD	ARAC	ARAC

Sunday Finals – 3:45pm WARM-UP 4:15pm START

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN