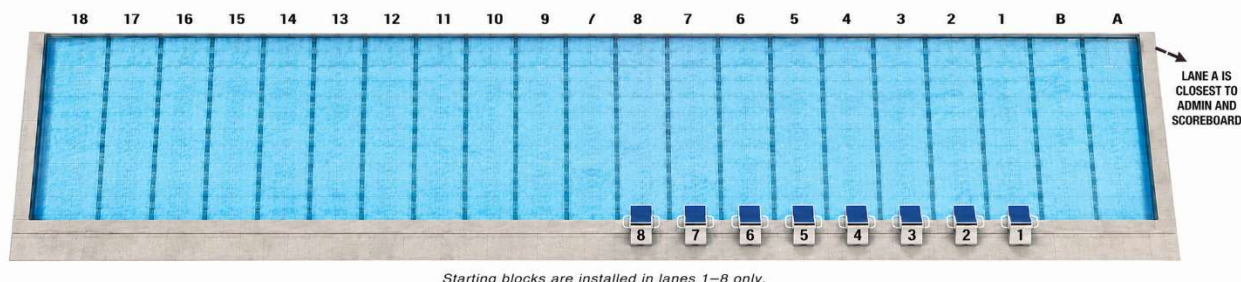


WARMUP ASSIGNMENTS – WERISE CHAMPS

Please note Lane A is the lane closest to Admin and the Scoreboard. Lane B is next and to the left of Lane A. Lanes with blocks are lanes 1-8. The last lane to the left (near Rec Center) is Lane 18.



Lane Assignments (All Ages)

7:30 am – 8:05 am

TEAM	LANE(S)
Swimming Safari	A&B
Sawgrass	1
Isle Swim Club	Lanes 2-4
Deercreek & JAX Golf and CC	Lanes 5-7*
Atlantic Beach	Lanes 8-9
Beaches Quicksilver	Lanes 10-14
SwimRise	Lane 15-18

One-Way Sprints/Blocks

8:05 am – 8:20 am

The final 15 minutes of warmup will be controlled warmup with Lanes 1-8 for one-way sprints/starts off blocks and all other lanes general warmup.

**The average number of swimmers per lane in warmups is 15-16. With Deercreek and JAX Golf & CC at 21-22 swimmers each, we ask that you work together to have your teams warm up over three lanes, perhaps younger swimmers in two lanes and older swimmers in one lane. We appreciate your cooperation!*