

## 2010 Boys & Girls Club National Swimming Championships Warm-up Lane Assignment Information

|                      | Friday Timed Finals | Saturday & Sunday Prelims |                 | Saturday & Sunday Finals |
|----------------------|---------------------|---------------------------|-----------------|--------------------------|
| Teams                |                     |                           |                 |                          |
|                      | 3:30-4:50pm         | 7:30-8:30am               | 8:30-8:50am     | 3:30-4:50pm              |
| BGNW                 | General Warm-up     | Lanes 1-4                 | General Warm-up | General Warm-up          |
| TEAM-NE              |                     | Lane 5-7                  |                 |                          |
| GNBC                 |                     | Lanes 8-9                 |                 |                          |
| TAC                  |                     | Lanes 10-11               |                 |                          |
| CBGC                 |                     | Lanes 12-13               |                 |                          |
| MD / WWE / WORC      |                     | Lanes 14-15               |                 |                          |
| ABBE / PBGC / SHHA   |                     | Lanes 16-17               |                 |                          |
| DMARR / CUDA / EPBGC |                     | Lane 18-19                |                 |                          |
| CVST                 |                     | Lanes 20-22               |                 |                          |

Lane 1 is at the Bay (East) end of the facility and lane 22 at the Building (West) end.

On Thursday there are no team warm-up assignments.

All teams are required to warm-up in their designated lanes for the first 60 minutes of the Saturday and Sunday preliminary sessions.

For the last 20 minutes of Saturday and Sunday preliminary sessions there will be no team lane assignments.

Lanes with blocks numbered 3 and 7 in each of the competition courses will be designated as sprint lanes and the outside buffer lanes will be designated as pace lanes for the last 30 minutes of each warm-up session.

*All swimmers are to enter the pool feet first with one hand on the deck during warm-ups.*