

NC Age Group Champs Warm Up Assignments

Thursday PM: Open Warm Up

Friday AM (13-14): 7:00-8:00am warm up (lane assignments below) – 8:00-8:20am specific warm up

MAC	EAST	1-3
MOR	EAST	4-5
YOTA	EAST	6-7
NCAC	EAST	8
WOW	WEST	0
CAT	WEST	0
NSS	WEST	0
PAC	WEST	0
WNCY	WEST	1
STAR	WEST	1
SSS	WEST	1
ASC	WEST	1
CFAC	WEST	1
WAVE	WEST	2
CVAC	WEST	2
MSA	WEST	2
ATOM	WEST	3
SAIL	WEST	3
SGSA	WEST	4
STAT	WEST	4
GCY	WEST	5
EAC	WEST	5
ECA	WEST	6
TEAM	WEST	6
GG	WEST	6
TYDE	WEST	7
RSA	WEST	8
YSST	WEST	10
HPSC	WEST	10
LOY	WEST	10
TAC	WEST	11

During session WEST POOL is open for warm-up/cool-down

Friday Midday (11-12): 12:00-12:30pm warm up (lane assignments below – 12:30-12:50pm specific warm up

MAC	WEST	9-11	HCAC	EAST	1
YOTA	WEST	0-1	LTNC	EAST	1
MOR	WEST	4-5	NSS	EAST	1
TYDE	WEST	2	NUMA	EAST	1
TAC	WEST	3	QCD	EAST	1
MSA	EAST	3	PAC	EAST	1
SGSA	EAST	3	WBST	EAST	2
HPSC	EAST	4	RACY	EAST	1
SAIL	EAST	4	LOY	EAST	8
ATOM	EAST	4	ASTF	EAST	2
ECA	EAST	5	YBAC	EAST	8
STAR	EAST	5	YSST	EAST	8
WOW	EAST	5	CVAC	EAST	2
RSA	WEST	6	GFSC	EAST	2
WAVE	EAST	6	BAC	EAST	1
CFAC	EAST	6	BAD	EAST	1
EAC	EAST	6	TRY	EAST	2
GCY	WEST	7	RCST	EAST	8
CAT	EAST	7	RMY	EAST	8
ASC	EAST	7	SSS	EAST	8
NCAC	WEST	8	TEAM	EAST	1
WNCY	EAST	8			
HAC	EAST	2			
STAT	EAST	1			

During meet WEST pool is open for warm-up/cool-down

Saturday AM(13-14): 7:00-8:00am warm up (assignments below) – 8:00-8:20 specific warm up

MAC	WEST	0-3
MOR	WEST	4-5
YOTA	WEST	5-6
TAC	WEST	7-8
RSA	WEST	8-9
TYDE	WEST	10
NCAC	WEST	11
SGSA	EAST	5
ATOM	EAST	4
GCY	EAST	3
WAVE	EAST	6
ECA	EAST	2
SAIL	EAST	7
WOW	EAST	7
EAC	EAST	2
WNCY	EAST	1
STAR	EAST	3
YSST	EAST	6
CAT	EAST	4
SSS	EAST	1
STAT	EAST	1
TEAM	EAST	1
CVAC	EAST	5
GG	EAST	8
GOLD	EAST	8
LOY	EAST	8
NSS	EAST	8
PAC	EAST	8
ASC	EAST	8
CFAC	EAST	8
GFSC	EAST	8
HPSC	EAST	8
MSA	EAST	8
SFSC	EAST	8

West Pool is open until break out for distance. During distance lanes 6-10 are available in Program Pool.

Saturday Midday (11-12/10&under): 11-12 12:15-12:45pm, 10&under 12:45-1:15pm

10 & under assignment

11-12 Assignments

MAC	EAST	1-3	MAC	EAST	1-3
TAC	EAST	4-5	MOR	EAST	6-7
MOR	EAST	6-7	YOTA	WEST	0-1
YOTA	WEST	0-1	TAC	EAST	4-5
NCAC	WEST	1-2	GCY	WEST	4
RSA	WEST	3	TYDE	WEST	2
SGSA	EAST	8	NCAC	WEST	1
ATOM	WEST	4	RSA	WEST	3
GCY	WEST	4	ECA	WEST	8
WAVE	WEST	5	ATOM	EAST	8
WOW	WEST	5	SGSA	EAST	8
CAT	WEST	6	WAVE	WEST	5
TYDE	WEST	6	WOW	WEST	5
GFSC	WEST	7	ASC	WEST	8
RMY	WEST	7	MSA	WEST	8
SAIL	WEST	7	CAT	WEST	8
ASC	WEST	8	HAC	WEST	6
HPSC	WEST	8	SAIL	WEST	6
STAR	WEST	8	STAT	WEST	6
CFAC	WEST	8	CFAC	WEST	8
EAC	WEST	8	HPSC	WEST	7
ECA	WEST	9	SSS	WEST	7
MSA	WEST	9	ASTF	WEST	7
QCD	WEST	9	EAC	WEST	7
SFSC	WEST	9	RACY	WEST	7
TRY	WEST	9	RCST	WEST	7
YBAC	WEST	9	RMY	WEST	9
YSST	WEST	9	WNCY	WEST	10
ACCH	WEST	10	YBAC	WEST	9
ASTF	WEST	10	YSST	WEST	9
CAST	WEST	10	BAC	WEST	9
CVAC	WEST	10	BAD	WEST	10
GG	WEST	10	CVAC	WEST	10
HAC	WEST	10	GFSC	WEST	10
HCAC	WEST	10	HCAC	WEST	10
MHAC	WEST	10	LOY	WEST	10
NSS	WEST	10	LTNC	WEST	10

SUNDAY AM (13-14): Warm Up 7:00-8:00am (see assignments) – Specific Warm Up 8:00-8:20am

MAC	EAST	6-8
MOR	EAST	1-2
YOTA	EAST	4-5
RSA	WEST	0-1
TAC	WEST	3-4
NCAC	WEST	1-2
TYDE	EAST	3
ATOM	WEST	5
GCY	WEST	6
SGSA	WEST	7
WAVE	WEST	4
ECA	WEST	8
EAC	WEST	9
WNCY	WEST	9
WOW	WEST	8
CAT	WEST	5
STAR	WEST	6
STAT	WEST	10
YSST	WEST	10
CVAC	WEST	10
PAC	WEST	10
SAIL	WEST	10
SSS	WEST	11
ASC	WEST	11
GFSC	WEST	11
GG	WEST	11
GOLD	WEST	11
HPSC	WEST	11
LOY	WEST	11
MSA	WEST	11
NSS	WEST	11
TEAM	WEST	11

West Pool is open until break out for distance. During distance lanes 1-10 are available in Program Pool.

Sunday Midday (11-12/10&under): 10&under 12:45-1:15pm, 11-12 1:15pm-1:45pm

10 & under assignment

11-12 Assignments

MAC	WEST	0-3	MAC	WEST	0-2
MOR	WEST	4-5	TAC	WEST	6-7
TAC	WEST	6-7	YOTA	WEST	8-9
YOTA	WEST	8-9	MOR	WEST	3-5
NCAC	WEST	10	GCY	EAST	6
RSA	WEST	11	NCAC	WEST	10
SGSA	EAST	4	RSA	WEST	11
ATOM	EAST	3	ECA	EAST	7
CAT	EAST	5	TYDE	EAST	5
GCY	EAST	6	SGSA	EAST	4
WAVE	EAST	6	ATOM	EAST	3
WOW	EAST	2	CAT	EAST	7
GFSC	EAST	3	MSA	EAST	2
TYDE	EAST	5	SAIL	EAST	5
SAIL	EAST	2	WOW	EAST	4
YSST	EAST	7	ASC	EAST	4
EAC	EAST	2	HAC	EAST	3
ECA	EAST	7	HPSC	EAST	3
HPSC	EAST	7	CVAC	EAST	2
QCD	EAST	7	EAC	EAST	2
RMY	EAST	7	GFSC	EAST	2
SFSC	EAST	8	RMY	EAST	2
ACCH	EAST	1	SSS	EAST	1
ASTF	EAST	1	WAVE	EAST	1
CAST	EAST	8	WNCY	EAST	1
GG	EAST	8	YBAC	EAST	1
HCAC	EAST	1	YSST	EAST	1
MHAC	EAST	1	BAC	EAST	8
MSA	EAST	8	CFAC	EAST	8
NSS	EAST	8	HCAC	EAST	8
STAR	EAST	1	LOY	EAST	8
TEAM	EAST	1	NSS	EAST	8
TRY	EAST	8	PAC	EAST	8
WST	EAST	8	QCD	EAST	8
YBAC	EAST	1	RCST	EAST	8
			STAR	EAST	8
			TEAM	EAST	8