

YSCAPs Warmup Assignments

Saturday AM @ York College (session 1)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12
7:00am - 7:18am	YY	YY	YY	YY	YY	YY	YY	YY	YY	HAY	HAY	HAY
7:18am - 7:36am	WSY	WSY	WSY	WSY	WAY	WAY	WAY	LANY	LANY	CYAA	CYAA/NDCY	NDCY
7:36am - 7:54am	CC	CC	CC	CC	CC	FSC	FSC	FSC	GSVY	GSVY	GSVY	GSVY

Saturday PM @ York College (session 2)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12
12:30pm - 12:55pm	YY	YY	YY	YY	YY	HAY	FSC	FSC	FSC	FSC/CC	CC	CC
12:55pm - 1:20pm	CYAA	CYAA	GSVY	GSVY	GSVY	GSVY	LANY	LANY	WAY	WAY	NDCY	WSY

Sunday AM @ GAC (Session 4)

Comp Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:50am - 7:10am	WSY	WSY	WSY	WSY	WSY	YY	YY	YY
7:10am - 7:30am	HAY	HAY	HAY	HAY	YY	CYAA	CYAA	NDCY
7:30am - 7:50am	GSVY	GSVY	GSVY	GSVY	GSVY	FSC	FSC	FSC

Warmup Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:50am - 7:10am	YY	YY	YY	YY	YY	YY
7:10am - 7:30am	NDCY	WAY	WAY	WAY/LANY	LANY	LANY
7:30am - 7:50am	CC	CC	CC	CC	CC	CC

Sunday PM @ GAC (session 5)

Comp Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:30pm - 12:55pm	HAY	HAY	FSC	FSC	FSC	CC	CC	CC
12:55pm - 1:20pm	CYAA	CYAA	GSVY	GSVY	GSVY	GSVY	LANY	LANY

Warmup Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:30pm - 12:55pm	YY	YY	YY	YY	YY	YY
12:55pm - 1:20pm	WAY	WAY	WAY	WSY	WSY/NDCY	NDCY

There will be 3 lanes of continuous warm up warm down during the entire session

Saturday Finals are open warm ups