

2018 NORTH BALTIMORE AQUATIC CLUB SPRING LC MEET / MAY 18 – 20, 2018  
 @ ST. MARY’S COLLEGE / ST. MARY’S CITY, MARYLAND

WARM-UP LANE ASSIGNMENTS / FRIDAY – TIMED FINALS SESSION

MAIN POOL	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>	<u>LANE 8</u>
3:30 PM – 4:20 PM	NBAC	NBAC	NBAC	YORK	YORK	NCAP	GPAC	CBAC ASC GMAC UN
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25 YARD POOL	<u>LANE 1</u>	<u>LANE 2</u>	<u>LANE 3</u>	<u>LANE 4</u>	<u>LANE 5</u>	<u>LANE 6</u>	<u>LANE 7</u>	
3:30 PM – END OF SESSION	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	
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**WARM-UP LANE ASSIGNMENTS / SATUDAY AM PRELIM SESSIONS**

<b>MAIN POOL</b>	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>	<b><u>LANE 6</u></b>	<b><u>LANE 7</u></b>	<b><u>LANE 8</u></b>
7:00 AM – 7:25 AM	NBAC	NBAC	NBAC	NBAC	NBAC	NCAP	NCAP	NCAP
7:25 AM – 7:50 AM	YORK	YORK	YORK	YORK	GPAC	GPAC	ASC	CBAC

<b>25 YARD POOL</b>	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>	<b><u>LANE 6</u></b>	<b><u>LANE 7</u></b>
7:00 AM – END OF SESSION	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

**WARM-UP LANE ASSIGNMENTS / SATURDAY – PM TIMED FINALS SESSIONS**

<b>MAIN POOL (SATURDAY)</b>	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>	<b><u>LANE 6</u></b>	<b><u>LANE 7</u></b>	<b><u>LANE 8</u></b>
11:00 AM – 11:25 AM	NBAC	NBAC	NBAC	NBAC	NBAC	NBAC	NBAC	CBAC
11:25 AM – 11:50 AM	MAC	MAC	YORK	YORK	ASC	ASC	NCAP	GMAC CPAC UN

<b>25 YARD POOL</b>	<b><u>LANE 1</u></b>	<b><u>LANE 2</u></b>	<b><u>LANE 3</u></b>	<b><u>LANE 4</u></b>	<b><u>LANE 5</u></b>	<b><u>LANE 6</u></b>	<b><u>LANE 7</u></b>
11:00 AM – END OF SESSION	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

**WARM-UP LANE ASSIGNMENTS / SATURDAY & SUNDAY – FINALS SESSIONS**

MAIN POOL – 4:45 PM – 5:20 PM OPEN WARM-UPS / 5:20 PM – 5:35 PM LANES 1 & 8 PACE, 2,3,6,7 SPRINT AND 4 & 5 OPEN

25 YARD POOL – 4:45 PM – END OF SESSION OPEN WARM-UPS

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**WARM-UP LANE ASSIGNMENTS / SATUDAY AM PRELIM SESSIONS**

<b>MAIN POOL</b>	<u><b>LANE 1</b></u>	<u><b>LANE 2</b></u>	<u><b>LANE 3</b></u>	<u><b>LANE 4</b></u>	<u><b>LANE 5</b></u>	<u><b>LANE 6</b></u>	<u><b>LANE 7</b></u>	<u><b>LANE 8</b></u>
7:00 AM – 7:25 AM	YORK	YORK	YORK	YORK	GPAC	GPAC	ASC	CBAC
7:25 AM – 7:50 AM	NBAC	NBAC	NBAC	NBAC	NBAC	NCAP	NCAP	NCAP

<b>25 YARD POOL</b>	<u><b>LANE 1</b></u>	<u><b>LANE 2</b></u>	<u><b>LANE 3</b></u>	<u><b>LANE 4</b></u>	<u><b>LANE 5</b></u>	<u><b>LANE 6</b></u>	<u><b>LANE 7</b></u>
7:00 AM – END OF SESSION	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

**WARM-UP LANE ASSIGNMENTS / SATURDAY – PM TIMED FINALS SESSIONS**

<b>MAIN POOL (SATURDAY)</b>	<u><b>LANE 1</b></u>	<u><b>LANE 2</b></u>	<u><b>LANE 3</b></u>	<u><b>LANE 4</b></u>	<u><b>LANE 5</b></u>	<u><b>LANE 6</b></u>	<u><b>LANE 7</b></u>	<u><b>LANE 8</b></u>
11:30 AM – 11:55 AM	MAC	MAC	YORK	YORK	ASC	ASC	NCAP	GMAC CPAC UN
11:55 AM – 12:20 AM	NBAC	NBAC	NBAC	NBAC	NBAC	NBAC	NBAC	CBAC

<b>25 YARD POOL</b>	<u><b>LANE 1</b></u>	<u><b>LANE 2</b></u>	<u><b>LANE 3</b></u>	<u><b>LANE 4</b></u>	<u><b>LANE 5</b></u>	<u><b>LANE 6</b></u>	<u><b>LANE 7</b></u>
11:30 AM – END OF SESSION	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

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