

2022 Warm-Up assignments - Session #1

Warm up #1 (7:50 to 8:10 AM)

Lane 1-2	Chateau
Lane 3-4	MCC
Lane 5-6	NOLTC

Warm up #2 (8:10 to 8:30 AM)

Lane 1-3	JCC
Lane 4-5	GRCC
Lane 6	PT

Warm up #3 (8:30 to 8:50 AM)

Lane 1-2	SYC
Lane 3-4	NOCC
Lane 5	Mimosa
Lane 6	CLCC

2022 Warm-Up assignments - Session #2

Warm up #1 (11:30 to 11:50 AM)

Lane 1-2	JCC
Lane 3-4	Mimosa
Lane 5-6	NOLTC

Warm up #2 (11:50 to 12:10 PM)

Lane 1-3	SYC
Lane 4-5	GRCC
Lane 6	MCC

Warm up #3 (12:10 to 12:30 PM)

Lane 1-2	PT
Lane 3-4	CLCC
Lane 5	NOCC
Lane 6	Chateau

2022 Warm-Up assignments - Session #3

Warm up #1 (3:30 to 3:50 PM)

Lane 1-2	MIM
Lane 3-4	JCC
Lane 5-6	GRCC

Warm up #2 (3:50 to 4:10 PM)

Lane 1-3	SYC
Lane 4-5	PT
Lane 6	MCC

Warm up #3 (4:10 to 4:30 PM)

Lane 1	Chateau
Lane 2	NOLTC
Lane 3	NOCC
Lane 4	CLCC
Lane 5	Open
Lane 6	Open