

PAAC Winter Invitational Warm-up Lane Assignments

Session 2 - Saturday Morning

6:40am to 7:10am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PAAC	PAAC	PAAC	ATAC	ATAC	ATAC	EMAC	EMAC

7:10am to 7:40am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WMY	WMY	WMY	HAC	TSC	SPIR	ARGO AAC	EPAC BCAT TRVY BYNS TT

WARM DOWN POOL – ALL OTHERS

7:40am to 7:55am – Sprint Starts

Session 3 - Saturday Afternoon

12:10pm to 12:40pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PAAC	PAAC	ATAC	ATAC	UPST BYNS	WST AAC	EMAC	EMAC

12:40pm to 1:10pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WMY	WMY	WMY	SPIR	SPIR	SPIR	TSC	CVAC BCAT

WARM DOWN POOL – ALL OTHERS

1:10pm to 1:25pm – Sprint Starts

Session 4 - Sunday Morning

6:40am to 7:10am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PAAC	PAAC	PAAC	ATAC	ATAC	ARGO	AAC	EMAC

7:10am to 7:40am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WMY	WMY	WMY	HAC	TSC	SPIR BYNS BAY	PACS EPAC BCAT	PAY PTFY RY TRVY UDAC

WARM DOWN POOL – ALL OTHERS

7:40am to 7:55am – Sprint Starts

Session 5 - Sunday Afternoon

12:10pm to 12:40pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
PAAC	PAAC ATAC	ATAC	SOUND KIDS NPAC GAAC	BYNS UPST	WST AAC	EMAC	EMAC

12:40pm to 1:10pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
WMY	WMY	SPIR	SPIR	TSC	PACS BDA	PAY BCAT	CVAC EPAC PFY

WARM DOWN POOL – ALL OTHERS

1:10pm to 1:25pm – Sprint Starts