

WARM UP ASSIGNMENTS
2021 GNBC Fall Invitational – Saturday, 11/20/2021

Session 1 (12 & under)
10:15 – 10:35am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC	GNBC	GNBC	GNBC	GNBC	GNBC

10:35 – 10:55am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC	GNBC	AQUA	AQUA	AQUA	AQUA

Meet starts: 11:00am
Number of Swimmers (per team):
AQUA = 17
GNBC = 39

Session 2 (13 & over)
2:30 – 2:50pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC	GNBC	GNBC	GNBC	AQUA	AQUA

Meet starts: 3:30pm

Number of Swimmers (per team):
GNBC = 32
AQUA = 11

WARM UP ASSIGNMENTS
2021 GNBC Fall Invitational – Sunday, 11/21/2021

Session 3 (12 & under)
8:45 – 9:05am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC	GNBC	GNBC	GNBC	GNBC	GNBC

9:05 – 9:25am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC	GNBC	AQUA	AQUA	AQUA	AQUA

Meet starts: 9:30am
Number of Swimmers (per team):
AQUA = 15
GNBC = 40

Session 4 (13 & over)
12:30 – 1:20pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC	GNBC	GNBC	GNBC	AQUA	AQUA

Meet starts: 1:30pm

Number of Swimmers (per team):
GNBC = 29
AQUA = 4