

**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	GNBC	GNBC	ESA	ESA

Meet starts: 11:00am  
 Number of Swimmers (per team):  
 ESA = 3  
 GNBC = 74

Session 2 (13 & over)  
 1:30 – 2:25pm

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

Meet starts: 2:30pm

Number of Swimmers (per team):  
 ESA = 3  
 GNBC = 37

**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	GNBC	GNBC	ESA	ESA

Meet starts: 9:30am  
Number of Swimmers (per team):  
ESA = 5  
GNBC = 64

Session 4 (13 & over)  
12:00 – 12:55pm

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

Meet starts: 1:00pm

Number of Swimmers (per team):  
ESA = 4  
GNBC = 42