

**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 Beginner/Basic	GNBC Advanced	GNBC Advanced	GNBC Junior	GNBC Junior	GNBC Junior

10:35 – 10:55am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC JO/HSB	GNBC JO/HSB	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 Junior/JO/HSB	GNBC Junior/JO/HSB	GNBC Junior/JO/HSB	GNBC Junior/JO/HSB	AQUA	AQUA

2:50 – 3:20pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC HSA/O	GNBC HSA/O	GNBC HSA/O	GNBC HSA/O	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 Beginner/Basic	GNBC Advanced	GNBC Advanced	GNBC Junior	GNBC Junior	GNBC Junior

9:05 – 9:25am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC JO/HSB	GNBC JO/HSB	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 Junior/JO/HSB	GNBC Junior/JO/HSB	GNBC Junior/JO/HSB	GNBC Junior/JO/HSB	AQUA	AQUA

1:20 – 1:50pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC HSA/O	GNBC HSA/O	GNBC HSA/O	GNBC HSA/O	AQUA	AQUA

Meet starts: 1:30pm

Number of Swimmers (per team):

GNBC = 29

AQUA = 4