

**WARM UP ASSIGNMENTS**  
**2022 GNBC NQ Meet #2 – Saturday, 2/5/2022**

Session 1 (12 & under)  
 10:10 – 10:25am

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

10:25 – 10:40am

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

Meet starts: 10:45am

Number of Swimmers (per team):

AQUA =

GNBC = 46

Session 2 (13 & over)  
 2:30 – 2:55pm

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

Meet starts: 3:00pm

Number of Swimmers (per team):

GNBC = 34

AQUA =

**WARM UP ASSIGNMENTS**  
**2022 GNBC NQ Meet #2 – Sunday, 2/6/2022**  
**Session 3 (12 & under)**  
**8:55 – 9:10am**

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

9:10 – 9:25am

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

Meet starts: 9:30am  
Number of Swimmers (per team):  
AQUA =  
GNBC = 34

Session 4 (13 & over)  
1:00 – 1:25pm

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 = 27  
AQUA =