

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 Beginner/Basic	GNBC Advanced	GNBC Junior	GNBC Junior	GNBC JO	GNBC JO

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 JO	GNBC HSB/HSA/O	GNBC HSB/HSA/O	GNBC HSB/HSA/O	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 Beginner/Basic	GNBC Advanced	GNBC Junior	GNBC Junior	GNBC JO	GNBC JO

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 JO	GNBC HSB/HSA	GNBC HSB/HSA	GNBC HSB/HSA	AQUA	AQUA

Meet starts: 1:00pm

Number of Swimmers (per team):

GNBC = 27

AQUA =