

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 Beg/Bas ages 11&O	GNBC Advanced	GNBC Advanced/Junior	GNBC Junior	GNBC JO/HSB	GNBC JO/HSB

10:35 – 10:55am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC Beginner ages 10&U	GNBC Beginner ages 10&U	GNBC Basic ages 10&U	GNBC Basic ages 10&U	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 Beg/Bas ages 11&O	GNBC Advanced	GNBC Junior	GNBC Junior	GNBC JO/HSB	GNBC JO/HSB

9:05 – 9:25am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC Beginner ages 10&U	GNBC Beginner ages 10&U	GNBC Basic ages 10&U	GNBC Basic ages 10&U	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	AQUA	AQUA

Meet starts: 1:00pm

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