

WARM UP ASSIGNMENTS
2023 GNBC NQM1 – Saturday, 1/14/2023

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 Basic ages 10&U	AQUA	AQUA	ESA/SHO	ESA/SHO

Meet starts: 11:00am
Number of Swimmers (per team):
 AQUA = 16
 ESA/SHO = 6
 GNBC = 74

Session 2 (13 & over)
2:00 – 2:25pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC	GNBC	GNBC	GNBC	AQUA	ESA/SHO

Meet starts: 2:30pm

Number of Swimmers (per team):
 AQUA = 2
 ESA/SHO = 3
 GNBC = 33

WARM UP ASSIGNMENTS
2023 NQM1 – Sunday, 1/15/2023

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 Basic ages 10&U	AQUA	AQUA	ESA/SHO	ESA/SHO

Meet starts: 9:30am
 Number of Swimmers (per team):
 AQUA = 9
 ESA/SHO = 10
 GNBC = 51

Session 4 (13 & over)
12:30 – 12:55pm

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC	GNBC	GNBC	GNBC	AQUA	ESA/SHO

Meet starts: 1:00pm

Number of Swimmers (per team):
 AQUA = 2
 ESA/SHO = 6
 GNBC = 34