

# WARM UP ASSIGNMENTS

## 2024 GNBC NQM 2

### Session 1 (Saturday)

10:00 – 10:20am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC - HS	GNBC - HS	GNBC - HS	GNBC – HS	GNBC - JO	GNBC - JO

10:20 – 10:40am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC – BEG	GNBC – BAS	GNBC - BAS	GNBC – ADV	GNBC – ADV/JUN	GNBC –JUN

10:40 – 11:00am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
CH-AE	CH-AE	CH-AE	CH-AE	MAKO	MAKO

Meet starts: 11:00am

Number of Swimmers (per team):

CH-AE = 30

GNBC = 81

MAKO = 15

### Session 2 (Sunday)

8:30 – 8:50am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC - HS	GNBC - HS	GNBC - HS	GNBC – HS	GNBC – HS/JO	GNBC - JO

8:50 – 9:10am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
GNBC – BEG/BAS	GNBC – BEG/BAS	GNBC –ADV	GNBC – JUN	GNBC – JUN	OPEN

9:10 – 9:30am

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
CH-AE	CH-AE	CH-AE	CH-AE	MAKO	MAKO

Meet starts: 9:30am

Number of Swimmers (per team):

CH-AE = 23

GNBC = 73

MAKO = 12