|  |
| --- |
| 2019 Long Course Last Chance and 8&U ChampionshipWarm-Up Assignments |
|  | SESSION 1 (27 minutes) |
| **LANES** | First Warm-up3:00 pm – 3:27 pm | Second Warm-up3:28 am – 3:55 pm |
| **1** | iNspire | HLA, Norfolk Y |
| **2** | Omaha Swim Federation | Sarpy County Swim Club, UNAT, Stingrays |
| **3** | ACE, GNST | Siouxland Sharks, NA |
| **4** | GOAL | Brownell Talbot, Council Bluffs |
| **5** | Lincoln Select Swimming | Swim Omaha |
| **6** | Millard Aquatic Club, FAST | Swim Omaha |
|  | SESSIONS 2 and 4 (28 minutes) |
| **LANES** | First Warm-up6:45 am – 7:13 am | Second Warm-up7:14 am – 7:42 am | Third Warm-up7:43 am – 8:11 am |
| **1** | iNspire | Swim Omaha | Sarpy County Swim Club |
| **2** | iNspire | Swim Omaha | HLA |
| **3** | ACE | Swim Omaha | Council Bluffs |
| **4** | ACE | Millard Aquatic Club | Siouxland Sharks, UNAT |
| **5** | Omaha Swim Federation, FAST | Millard Aquatic Club, Brownell Talbot, HUSK | NA, Norfolk Y |
| **6** | Omaha Swim Federation | Lincoln Select Swimming | GNST, Life Time, Mariners Swim Club |
|  | SESSIONS 3 and 5 (22 minutes) |
| **LANES** | First Warm-up1:30 pm – 1:52 pm | Second Warm-up1:53 pm – 2:10 pm |
| **1** | iNspire, Omaha Swim Federation, GNST | Norfolk Y, Brownell Talbot |
| **2** | ACE, HUSK, HYAC | Sarpy County Swim Club, Siouxland Sharks |
| **3** | ACE | Sarpy County Swim Club |
| **4** | Swim Omaha | Council Bluffs, NA, UNAT |
| **5** | Lincoln Select Swimming | Millard Aquatic Club |
| **6** | Goal, Stingray Swim Team | Millard Aquatic Club, Mariners Swim Club, HLA |