

2025 SPRING AREA 3 WARM-UP LANE ASSIGNMENTS

LOCKER ROOM COURSE

FRIDAY 3PM TO 5PM	SAT/SUN 6:30AM TO 7:50AM	SAT/SUN AFTERNOON 35M W-UP
LANE 10 AAC	LANE 10 WFLA	LANE 10 TEAM
LANE 9 STA/SCST	LANE 9 STA	LANE 9 TEAM
LANE 8 BW/PS	LANE 8 FE	LANE 8 TEAM/TIDE
LANE 7 FE	LANE 7 FE	LANE 7 TYS
LANE 6 FE	LANE 6 FE	LANE 6 TYS
LANE 5 FE/RAD	LANE 5 FE	LANE 5 FE
LANE 4 PYP	LANE 4 TYS	LANE 4 FE/SCST
LANE 3 PYP	LANE 3 TYS	LANE 3 STA
LANE 2 PYP	LANE 2 TYS	LANE 2 STA/RAD
LANE 1 TBAC	LANE 1 TYS	LANE 1 TBAY
BUFFER CVST/WCA	BUFFER TYS	BUFFER WFLA
DIVING BOARD	DIVING BOARD	DIVING BOARD
BUFFER WFLA	BUFFER PYP	BUFFER BW/WCA
LANE 10 TYS	LANE 10 PYP	LANE 10 BW
LANE 9 TYS	LANE 9 PYP	LANE 9 PYP
LANE 8 TEAM	LANE 8 PYP	LANE 8 PYP/CVST
LANE 7 TBAY	LANE 7 TEAM/WCA/RAD	LANE 7 PS/AAC
LANE 6 TBAY	LANE 6 TEAM	LANE 6 TBAC
LANE 5 SPA	LANE 5 TBAY/SCST	LANE 5 SPA
LANE 4 SPA	LANE 4 TBAY	LANE 4 SPA
LANE 3 SPA	LANE 3 BW/YWCF	LANE 3 SPA
LANE 2 SPA	LANE 2 BW	LANE 2 SPA
LANE 1 SPA	LANE 1 BW	LANE 1 SPA

SMALL POOL

SAT/SUN 6:30AM TO 7:50AM LANES (10,9,8,7,6 – SPA/PS)(5,4,3 – TBAC/CVST)(1,2 - AAC/TIDE)