

2025 LC Sprints Warm-up Assignments

8:00-8:45 – Plan on using your lane for starts. There will be blocks in Lanes 1-6. Lane 8 will be for 8-unders and developmental level 9-year-olds.

WEST Lane – 1

WBSC Lane – 2

NBSC Lane – 3

WAT Lane – 4

LAKE Lane – 5-7

8-Un. Lane 8