

2025 LC WGLO Warm-up Assignments

Friday AM

7:00-7:30

Lane 1 – LAKE
Lane 2 – LAKE
Lane 3 – LAKE
Lane 4 – VAST
Lane 5 – SSTY
Lane 6 – SSTY
Lane 7 – SSTY
Lane 8 – SSTY

7:30-8:00

Lane 1 – RA/J-HK/GM/HEAT
Lane 2 – RA
Lane 3 – WEST
Lane 4 – WEST
Lane 5 – BAC
Lane 6 – BAC
Lane 7 – SWMKE/FAST
Lane 8 – WAVE/YRRV/ASC/SEMS/WYNS

8:00-8:10

Open for Sprints/pace/general

Saturday AM

7:00-7:30

Lane 1 – RA/J-HK/GM/HEAT
Lane 2 – RA
Lane 3 – WEST
Lane 4 – WEST
Lane 5 – BAC
Lane 6 – BAC
Lane 7 – SWMKE/FAST
Lane 8 – WAVE/YRRV/ASC/SEMS/WYNS

7:30-8:00

Lane 1 – LAKE
Lane 2 – LAKE
Lane 3 – LAKE
Lane 4 – VAST
Lane 5 – SSTY
Lane 6 – SSTY
Lane 7 – SSTY
Lane 8 – SSTY

8:00-8:10

Open for Sprints/pace/general

Friday and Saturday PM

First 30 minutes (12:00-12:30)

Lane 1 – VAST/DFAC/FAST
Lane 2 – LAKE
Lane 3 – LAKE
Lane 4 – WEST
Lane 5 – RA
Lane 6 – SSTY
Lane 7 – SSTY/J-HK
Lane 8 – BAC/WAVE/ASC/YRRV

Last 15 minutes (12:30-12:45)

Lanes 4 and 5 Sprints from South to North
Lanes 6 and 7 Sprints from North to South. Sprint lanes to be added as needed.
Lane 8 pace only

Friday and Saturday Finals Warm-up

5:00-5:40 – General Warm-up – No assignments

5:40- 6:00

Lanes 4 and 5 Sprints from South to North
Lane 6 Sprints from North to South. Sprint lanes to be added as needed.
Lane 8 pace only

Sunday Timed Finals

First 30 minutes (Time TBD)

Lane 1 – VAST
Lane 2 – LAKE
Lane 3 – LAKE
Lane 4 – WEST
Lane 5 – RA/FAST
Lane 6 – SSTY
Lane 7 – SSTY/J-HK
Lane 8 – BAC/WAVE/SWMKE/ASC/YRRV

Last 15 minutes

Lanes 4 and 5 Sprints from South to North
Lanes 6 and 7 Sprints from North to South. Sprint lanes to be added as needed.
Lane 8 pace only