

# 2025 Western Great Lakes Open Warm-up Assignments

Warm-up will be 85 minutes.

- Three 25-minute assigned shifts shown below.
- 10-minutes of an open period in both pools for sprints (3-7), pace (1 and 8), general circle swim lane 2
- Space between the courses is open throughout the warm-up.
- Y-Pool is available during prelims. Not available during warm-up or Finals.

## Friday South

Early:  
2:15-2:40

1	LAKE	
2	LAKE	
3	LAKE	
4	LAKE	
5	LAKE	
6	RSC	
7	RSC	
8	RSC	

Middle  
2:40-3:05

1	JHK	YCV
2	BAC	
3	BAC	
4	BAC	
5	BAC	
6	STSC	
7	STSC	
8	STSC	

Late:  
3:05-3:30

1	SSTY	
2	SSTY	
3	SSTY	
4	SSTY	
5	SSTY	
6	SSTY	
7	SSTY	
8	ASC	WAC

## Friday North

Early:  
2:15-2:40

1	LAKE	
2	LAKE	
3	LAKE	
4	LAKE	
5	LAKE	
6	WAVE	
7	WAVE	
8	NSAC	

Middle  
2:40-3:05

1	MAV	
2	MAV	
3	MAV	
4	MAV	
5	MAV	
6	MAV	
7	TUNA	
8	TUNA	

Late:  
3:05-3:30

1	VAST	
2	VAST	
3	WYNS	
4	WYNS	
5	PAWW	
6	PAWW	
7	MTKA	
8	MTKA	

## Saturday South

Early:  
7:15-7:40

1	SSTY	
2	SSTY	
3	SSTY	
4	SSTY	
5	SSTY	
6	SSTY	
7	SSTY	
8	ASC	WAC

Middle  
7:40-8:05

1	LAKE	
2	LAKE	
3	LAKE	
4	LAKE	
5	LAKE	
6	RSC	
7	RSC	
8	RSC	

Late:  
8:05-8:30

1	JHK	YCV
2	BAC	
3	BAC	
4	BAC	
5	BAC	
6	STSC	
7	STSC	
8	STSC	

## Saturday North

Early:  
7:15-7:40

1	VAST	
2	VAST	
3	WYNS	
4	WYNS	
5	PAWW	
6	PAWW	
7	MTKA	
8	MTKA	

Middle  
7:40-8:05

1	LAKE	
2	LAKE	
3	LAKE	
4	LAKE	
5	LAKE	
6	WAVE	
7	WAVE	
8	NSAC	

Late:  
8:05-8:30

1	MAV	
2	MAV	
3	MAV	
4	MAV	
5	MAV	
6	MAV	
7	TUNA	
8	TUNA	