

# 2024 PVS LC Open 2

## Warmup Assignments

### 13&Over

#### Warm up 1

7:00 – 7:25 am

Lane 1: TOLL  
Lane 2: TOLL  
Lane 3: TOLL  
Lane 4: PAC  
Lane 5: SA / TRA  
Lane 6: ASA  
Lane 7: ASA  
Lane 8: ASA

### 13&Over

#### Warm up 2

7:25 – 7:50 am

Lane 1: NCAP  
Lane 2: NCAP  
Lane 3: NCAP  
Lane 4: NCAP  
Lane 5: MAKO  
Lane 6: MAKO  
Lane 7: ERSC / FAST / HAC / TIBU  
Lane 8: LIFE / VLAC / WSH

### 11-12

#### Warm up 1

11:00 – 11:25 am

Lane 1: TOLL  
Lane 2: TOLL  
Lane 3: TOLL  
Lane 4: TOLL  
Lane 5: ASA  
Lane 6: ASA  
Lane 7: ASA  
Lane 8: FAST / HAC / TIBU

### 11-12

#### Warm up 2

11:25 – 11:50 am

Lane 1: NCAP  
Lane 2: NCAP  
Lane 3: NCAP  
Lane 4: NCAP  
Lane 5: NCAP  
Lane 6: NCAP  
Lane 7: LIFE / MAKO  
Lane 8: PAC / SA / WSH

### 10&U

#### Warm up 1

3:00 – 3:20 pm

Lane 1: TOLL  
Lane 2: TOLL  
Lane 3: FAST / HAC / TIBU  
Lane 4: LIFE / MAKO  
Lane 5: PAC  
Lane 6: PAC  
Lane 7: WSH / SA  
Lane 8: WSH

### 10&U

#### Warm up 2

3:20 – 3:40 pm

Lane 1: ASA  
Lane 2: ASA  
Lane 3: ASA  
Lane 4: ASA  
Lane 5: NCAP  
Lane 6: NCAP  
Lane 7: NCAP  
Lane 8: NCAP