

SPA – PYP NOVEMBER 17 & 18 WARM-UP ASSIGNMENTS

LOCKER ROOM COURSE

11 AND OLDER 7:00AM TO 8:45AM

LANE 10 FLORIDA ELITE
LANE 9 CVST
LANE 8 ACTT AND FWCA
LANE 7 SRQ
LANE 6 SRQ
LANE 5 SRQ
LANE 4 SRQ
LANE 3 SRQ
LANE 2 SRQ
LANE 1 SRQ
BUFFER 11 RADIANT & SAINT CLOUD

DIVING BOARD

10 AND UNDER WARM-UP 8:45AM TO 9:15AM

BUFFER 11 LAKEWOOD RANCH
LANE 10 LAKELAND AREA
LANE 9 TIDAL WAVE
LANE 8 TIDAL WAVE
LANE 7 BERKELY
LANE 6 BERKELY
LANE 5 VALDOSTA
LANE 4 PIPELINE
LANE 3 WFLA &
LANE 2 WFLA
LANE 1 WFLA

BUFFER 11 11 & OLDER MEET WARMDOWN
LANE 10 11 & OLDER MEET WARMDOWN
LANE 9 CVST
LANE 8 CVST
LANE 7 ACADEMY & RADIANT
LANE 6 WFLA
LANE 5 WFLA
LANE 4 PIPELINE
LANE 3 SRQ
LANE 2 SRQ
LANE 1 SRQ

BAYSIDE COURSE

10 AND UNDER WARM-UP 8:45AM TO 9:15AM

SMALL POOL

SMALL POOL

LANE 10 SPA
LANE 9 SPA
LANE 8 SPA
LANE 7 SPA
LANE 6 ACADEMY
LANE 5 PYP
LANE 4 PYP
LANE 3 PYP
LANE 2 PYP
LANE 1 PYP & SOUTH TAMPA

LANE 10 SPA
LANE 9 SPA & VALDOSTA
LANE 8 SPA & ACTT
LANE 7 PYP
LANE 6 PYP & LAKEWOOD RANCH
LANE 5 TIDAL WAVE
LANE 4 BERKELY & LAS
LANE 3 FLORIDA ELITE & WCA
LANE 2 FLORIDA ELITE
LANE 1 SWIM TAMPA & SAINT CLOUD