

**2018 NHSA Championships
Warm-up Assignments
Friday and Saturday, March 30 and 31
Sessions 3 & 4**

The three splash park lap lanes will be available for warm-up and warm-down once the meet starts each session.

Friday Evening, March 30: Session 3

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	5:05-5:30	UVAC	UVAC	ESC	ESC	ESC	ESC	ESC	ESC	ESC	STRM	STRM	balcony
	5:30-5:55	CRVS PWSC	GST	CONY PRDE	MST	MST	PHX	PHX	PHX	PHX	PHX	RAYS	

Saturday March 31, Session 4

	Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10		
windows	9:00-9:20	STRM	STRM	STRM	STRM	STRM	STRM	UVAC	UVAC	UVAC	UVAC	UVAC	balcony
	9:20-9:40	ESC	ESC	ESC	ESC	ESC	ESC	ESC	ESC	ESC	ESC	PRDE	
	9:40-10:00	CONY	CONY	GST	GST	MST	MST	MST	RAYS	RAYS	RAYS	BLUE PWSC	
	10:00-10:20	CRVS	CTS	LRW	LRW	PHX	PHX	PHX	PHX	PHX	PHX	PHX	

The Senior Ceremony and Scholarship Award Winners Announcement will be immediately after the conclusion of the last warm-ups on Saturday