

3A Warm-Up Assignments

Warm-Up Session 1 (12:15pm - 12:55pm)

Competition Pool	Team
Lane	
1	Cape Fear/JM Robinson
2	Chapel Hill
3	Chapel Hill
4	Rocky Mount
5	Cleveland
6	Cleveland
7	Western Guilford/West Henderson
8	Parkwood/Sun Valley

Short-Course Pool

Lane	
0 (no block)	
1	Charlotte Catholic
2	Charlotte Catholic
3	Charlotte Catholic
4	Charlotte Catholic
5	Topsail
6	Topsail
7	Havelock/Concord
8	Northwest Cabarrus
9	Northwood
10	Orange
11	Orange

Program Pool

Lane	
1	Cox Mill
2	Cox Mill
3	Cox Mill
4	DH Conley
5	DH Conley
6	Swansboro
7	Southwest Guilford
8	Mount Tabor
9	TC Roberson
10	St Stephens

Warm-Up Session 2 (1:05pm - 1:45pm)

Competition Pool	
Lane	
1	Central Cabarrus/Stuart Cramer
2	Jacksonville/Parkland
3	Piedmont/South Iredell
4	West Cateret
5	Clayton
6	Weddington
7	Weddington
8	Weddington

Short-Course Pool

Lane	
0 (no block)	
1	JH Rose
2	JH Rose
3	Northern Guilford
4	Northern Guilford
5	Northern Guilford
6	Cuthbertson
7	Cuthbertson
8	New Hanover
9	East Chapel Hill
10	East Chapel Hill
11	East Chapel Hill

Program Pool

Lane	
1	Marvin Ridge
2	Marvin Ridge
3	Marvin Ridge
4	Marvin Ridge
5	Watauga
6	Western Alamance
7	Franklinton
8	Rockingham County
9	Southest Guilford
10	South Johnston/Southern Nash