

Warm ups will run in two sessions: 9:00-9:25 and 9:25-9:50.

Note: The last 5 minutes of each warm up each session will be for one way starts in the competition pool.

It will be tight on deck and in the pool, so please check closely for your lane assignments. Some teams will be sharing lanes. We are accommodating 300+ swimmers!

Also, remember feet first entry unless working on one way starts and you may not practice relay starts during a swim meet warm up.

Session 1 9:00-9:25 Competition Pool

Lane1	Lane2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
PG	PG	PG	PG	HAMM	HAMM	HAMM	TCS	OPS	SCA

Session 1 9:00-9:25 Warm Down Pool

Lane1	Lane2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
PPST	PPST	NWA	NWA	WH	WH	PCA	PCA	ACS	BA

Session 2 9:25-9:50 Competition Pool

Lane1	Lane2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
CAMB	HA	CNHS	CNHS	SDS	SDS	SFCS	HHCA	HHCA	HHP

Session 2 9:25-9:50 Warm Down Pool

Lane1	Lane2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
HHES	JPII & NA	AHS	AHS	BLS & CA	BLS	MHES	MHES	FBS	FBS & PCAG