

Warm Up Schedule 2023

Session 1 - Saturday AM - 8& Unders, 9-10, 11-12 Boys

TIME		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7
6:30 - 6:42		WD	WD	WC	CH	ER	ER	HA
6:42 - 6:54		OO	OO	VS	WO	WO	FH	FH
6:54 - 7:06		WL	WG	WG	CB	CB	TH	BF
7:06 - 7:18		WB	ST	HG	HG	TC	GC/RT	DF
7:18 - 7:30		GP	GP	WE	WE	GB	BR	WS
7:30 - 7:42		SB	SB	PR	PR	GF	GF	CR
7:42 - 7:54		GT	DB	DB	CV	CV	PO	PO

Session 2 - Saturday PM - 11-12 Girls, 13-14, 15-18

TIME		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7
12:45 - 12:57		DF	WL	BF/HA	WC	WC	WS	WS
12:57 - 1:09		ER	ER	WD	WD	WG	WG	CH
1:09 - 1:21		WO	WO	HG	HG	OO	OO	WB
1:21 - 1:33		VS	VS	ST	ST	WE	WE	WE
1:33 - 1:45		CB	GC	DB	DB	TH	FH	FH
1:45 - 1:57		PR	PR	GF	GF	GB	GP	GP
1:57 - 2:09		SB	SB	RT	PO	PO	TC	TC
2:09 - 2:21		BR	BR	GT	CV	CV	CR	CR

Session 3 - SUNDAY FINALS

TIME		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7
9:00 - 9:13		DF	FH	FH	ST	VS/CH	BF	
9:13 - 9:26		HG	HG	WO	WO	TH/GB	WL	HA
9:26 - 9:39		CB	CB	OO	OO	ER	ER	RT/TC
9:39 - 9:52		GP	GP	WC	WD	WD	WD	WS/WB
9:52 - 10:05		GF	GF	PO	PO	WG	WG	GC/GT
10:05 - 10:18		DB	DB	WE	WE	WE	BR	BR
10:18 - 10:31		PR	PR	SB	SB	CV	CV	CR

- 1) Warm up in assigned lane only
 - 2) Teams must be supervised by a coach during the entire warm up
 - 3) The last few minutes of each team's warm up may be used for sprints, off the block/backstroke starts and relay exchanges, in the assigned lane(s), while coach supervised
- A "feet first" entry must be used at all other times during the team's warm up