

## Warm up Schedule 2024

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

8:15 START

TIME LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6

6:00-6:12	FH	FH	TH	TH	WC	WC
6:12-6:24	OO	OO	WO	WO	WD	WD
6:24-6:36	WL	WL	WL	ER	ER	ER
6:36-6:48	DF	DF	CB	CB	WG	WG
6:48-7:00	TC	TC	CV	CV	GB	VS
7:00-7:12	HA	HA	GF	GF	HG	HG
7:12-7:24	WE	WE	WE	CR	PR	PR
7:24-7:36	ST	CH	GP	GP	SB	SB
7:36-7:48	BR	BR	WS	WS	GC/RT	GT/BF
7:48-8:00	DB	DB	WB	WB	PO	PO

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

3:00 Start

TIME LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6

12:51-1:03	CH	CH	DF	DF	TH	TH
1:03-1:15	ER	ER	WL	WL	WC	WC
1:15-1:27	WO	WO	WD	WD	HG	HG
1:27-1:39	OO	OO	WS	WS	WG	WG
1:39-1:51	CB	CB	FH	FH	CV	CV
1:51-2:03	GB	GB	PR	PR	VS	ST
2:03-2:15	TC	TC	HA/GC	WE	WE	WE
2:15-2:27	BR	SB	SB	GF	GF	GF
2:27-2:39	GP	GP	GP	PO	PO	PO
2:39-2:51	DB	DB	WB	WB	RT	GT/CR/BF

### Session 3 - SUNDAY FINALS

TIME LANE 1 LANE 2 LANE 3 LANE 4 LANE 5 LANE 6

8:45-8:58	ST	TC	WS/HA	WC	TH/BF	RT/CR
8:58-9:11	SB	SB	WO	WO	HG	HG
9:11-9:24	CB	CB	GB	DF	CV	CV
9:24-9:37	WG	WG	WD	WD	OO	OO
9:37-9:50	FH	FH	PR	PR	BR	CH/VS
9:50-10:03	WL	WL	ER	ER	GF	GF
10:03-10:16	WE	WE	WE	PO	PO	GC/GT
10:16-10:29	GP	GP	GP	WB	DB	DB

- 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