

## WARM-UP SCHEDULE 2009 ASL FALL INVITATIONAL

Coaches of teams sharing lanes are encouraged to work together to arrange warm-ups. The instructional pool will be available throughout the meet for warm-up/warm-down **ONLY** - **no play time or non-competing siblings or parents. Please remember that coaches are responsible for their swimmers at ALL TIMES (includes warm-ups and warm downs).** Start dives and sprints may be started at the discretion of all the coaches in each lane. **All Unattached swimmers** will warm-up with their respective teams. Any swimmer participating as **Unattached** and is not affiliated with a team entered in the meet, can warm-up in the instructional pool or with ASL.

### Friday Evening 3:45-4:50

North Pool		South Pool	
1	ASL	1	SA
2	ASL	2	SA
3	ASL	3	SA
4	ASL	4	PAA
5	SST/BYST/CHRS	5	TYDE
6	H2A	6	TEAM/MBR
7	H2A/SMAC	7	GAS
8	GCAT/WRA	8	GAS

### Saturday/Sunday Morning (7:00-7:40 am and 7:40-8:20 am)

*\*'A' Warm-Up has early session on Saturday and late session on Sunday. 'B' is reverse.*

#### 'A' Warm-Up

North Pool		South Pool	
1	ASL	1	TEAM
2	ASL	2	TEAM
3	ASL	3	TEAM
4	ASL	4	SA
5	ASL	5	SA
6	ASL	6	SA
7	ASL	7	SA
8	ASL	8	SA

#### 'B' Warm-Up

North Pool		South Pool	
1	H2A	1	CHRS
2	H2A	2	WRA
3	TYDE	3	MBR/OCO
4	TYDE	4	SMAC
5	GCAT	5	NGA/SST/ART
6	GCAT	6	GAS/BOOM
7	BYST	7	GAS
8	SBCS	8	GAS

**Saturday/Sunday Afternoon (start not before 12:30 pm, meet start not before 1:30 pm)**

North Pool

- 1 ASL
- 2 ASL
- 3 ASL
- 4 ASL/SST
- 5 H2A/MBR
- 6 GCAT
- 7 TYDE/SMRT
- 8 TYDE

South Pool

- 1 SA
- 2 SA
- 3 TEAM
- 4 TEAM/WRA
- 5 PAA/CHRS
- 6 SMAC/NGA/OCO/SBCS
- 7 GAS/BYST
- 8 GAS