

Coaches and Team Reps,

Warm-up for Free, Back, Breast, and Fly

To keep our youngest members of our league safe during warm-ups we have created a special warm-up just for them. Each team has an assigned warm-up for your 9-and-older swimmers along with an assigned 8-and-under warm-up.

Please view the next page for your teams' assignments. In many cases you are sharing lanes.

9-and-older	9-and-older	8-and-under	8-and-under	9-and-older	9-and-older
1	2	A	B	3	4
6:10 - 6:30 AM	6:30 - 6:50 AM	6:50-7:02 AM	7:05-7:17 AM	7:20 - 7:40 AM	7:40 - 8:00 AM

Warm-ups for IM

General warm-up with lane space shared by all teams

Please Note:

- 8-and-unders and 9/10s are grouped together for this warm-up
- 15 minutes for 10-and-under swimmers
- Pool will be closed while 10-and-unders exit
- 15 minutes for the 11-and-older swimmers
- NO starts (dives) allowed during this time due to safety of all the athletes

9 and Older - Warm Up #1

6:10 AM - 6:30 AM

Lane numbers

Franklin Farm	FF	1,2
Countryside	CY	3
South Riding	SRD	4
Ashburn Village	AV	5,6
Sugarland Run	SR	

9 and Older - Warm Up #2

6:30 AM - 6:50 AM

Lane numbers

Cascades	CAS	1,2
Armfield Farm	AF	3
Burke Centre Stinger	BCS	4
Ashburn Farm	ABF	5,6
Hayden Village	HV	

8 and Under Only - Warm Up #A

6:50 AM - 7:02 AM

A

Lane Numbers

Cascades	CAS	1
Franklin Farm	FF	2
Armfield Farm	AF	3
Burke Centre Stinger	BCS	
Countryside	CY	
Fort Myer	FM	4
Sequoia Farms	SF	
South Riding	SRD	
Ashburn Farm	ABF	5
Hayden Village	HV	
Ashburn Village	AV	6
Sugarland Run	SR	

8 and Under Only - Warm Up #B

7:05 AM - 7:17 AM

B

Lane numbers

Arlington K of C	AKC	1
Franklin Glen	FG	2
Chantilly Highlands	CHD	
Burke Centre Penguin	BCP	3
Chantilly National	CNC	
Barrington	BAR	4
Chinquapin	C	
Chase Club	CC	5
Glen Cove	GC	
ManorGate	MG	6
Saratoga	SAR	

9 and Older - Warm Up #3

7:20 AM - 7:40 AM

Arlington K of C	AKC	1,2
Burke Centre Pengu	BCP	3,4
Chantilly National	CNC	
Franklin Glen	FG	5,6
Chantilly Highlands	CHD	

9 and Older - Warm Up #4

7:40 AM - 8:00 AM

Fort Myer	FM	1
Sequoia Farms	SF	2
Barrington	BAR	3,4
Chinquapin	C	
Chase Club	CC	5
Glen Cove	GC	
ManorGate	MG	6
Saratoga	SAR	