Attention Coaches,

We are looking forward to you joining us for the Summer Area 2 Championship Swim Meet. It is our goal to make the event a fun and enjoyable experience for all. Based on the current entry count of 599, we are planning to implement an assigned warm-up time and lane assignment for each team. It is our hope that this will ensure an orderly warm-up schedule for each team and help to prevent some of the mad chaos which often surrounds meet warm-up. Please see the warm up schedule and lane assignments listed below for your team’s assignment and make sure to communicate this information to your parents.

\*Lane numbers are located in the white painted boxes on building side of the deck.

**General warm-up for BOTH DAYS – 7:00am – 8:20am**

**7:00am – 7:40am**

* Southwest Stars 1 – 4 (Shallow side), 1 – 4 (Deep side along bulkhead)
* Highlander 5 – 7
* Leesburg 8 – 9
* YCF 10 – 17
* NTCA 18 – 23

**7:40am – 8:20am**

* Blue Dolphin 1 – 4 (Shallow side), 1 – 3 (Deep side along bulkhead)
* Patriot 4 – 10
* Seminole Aquatics 11 – 15
* Winter Haven 16 – 17
* CFMarlins 18 – 23

**Controlled Warm-up – 8:20am – 8:50am**

Controlled warm-up will take place in the two eight lane competition courses. Lanes 11-14 as identified on the deck will serve as competition buffer lanes and will be closed during controlled warm-up. Shallow lanes on the opposite side of the bulkhead will remain as general warm-up lanes.

Lane     (NO EQUIPMENT)

1. Push-off 50’s pace (circle swimming)
2. Racing start, one-length only sprints
3. Racing start, one-length only sprints
4. Swimming Only
5. Swimming Only
6. Racing start, one-length only sprints
7. Racing start, one-length only sprints

8 Push-off 50’s pace (circle swimming)