

Illini District Warm Up Assignments

Girls Prelims													
Time	Lap Pool								Leisure Pool (8&U Athletes)				
	1	2	3	4	5	6	7	8	1	2	3		
7:00-7:35a	SPY								BNY/CLY		CLY		
7:35-8:10a	DECY	DECY/DOCS	DOCS	HEAT		QFY	KNCY		DECY	DOCS	HEAT/KNCY		
8:10-8:45a	HASTY			CANY/JAXY/MCDN			DANY	WCY	CCY		HASTY	WCY/CCY/CANY	JAXY/DANY
8:45-8:55a	One Way Sprints					General Warm Up			*Sprints		Open		
Session will begin at 9:00a													

Boys Prelims												
Time	Lap Pool								Leisure Pool			
	1	2	3	4	5	6	7	8	1	2	3	
1:15-1:45p	SPY					MCDN	DANY	BNY		General Warm Up		
1:45-2:15p	CLY		WCY	DECY	DECY/QFY	CCY	HASTY					
2:15-2:45p	DOCS	DOCS/JAXY	KNCY		CANY	HEAT						
2:45-2:55p	One Way Sprints					General Warm Up			*Sprints			
Session will begin at 3:00p												

Finals											
Time	Lap Pool								Leisure Pool		
	1	2	3	4	5	6	7	8	1	2	3
9:00-9:35a	SPY, BNY, JAXY, CCY								10&U Only		
9:35-10:10a	QFY, CLY, HEAT, KNCY, DOCS										
10:10-10:45a	DECY, MCDN, SAMY, CANY, WCY, DANY										
10:45-10:55a	One Way Sprints					General Warm Up					
Session will begin at 11:00a											

<p>*Lane 8 will be open for Sprints from the Turn End during the last 10 minutes of each WU to accommodate 8&U</p> <p>The Leisure Pool will remain open for continuous warm up/cool down throughout the meet</p> <p>Finals warm up is based on athletes entered in the meet and is tentative until Finals are seeded</p>
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