

District Warm Up Assignments

Session 1 (Boys) - 7:00 AM Warm Up Start, 9:00 AM Meet Start								
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:00 AM to 7:30 AM	SPY	SPY	SPY	SPY	SPY	DECY	JAXY/CCY	BNY
7:30 AM to 8:00 AM	DOCS	DOCS	CLY	CLY	CANY	DANY	WCY	QFY
8:00 AM to 8:30 AM	HEAT	HEAT	HEAT	SAMY	SAMY	KNCY	KNCY	MCDN
8:30 AM to 8:50 AM	Sprint	Sprint	Sprint	General	General	General	General	Sprint*

Session 2 (Girls) - 12:00 PM Warm up Start, 2:30 PM Meet Start								
Session 2	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00 PM to 12:30 PM	SPY	SPY	SPY	SPY	SPY	SPY	SPY	SPY
12:30 PM to 1:00 PM	DECY	DECY	DECY	CLY	CLY	CLY	HEAT	HEAT
1:00 PM to 1:30 PM	DOCS	DOCS	DOCS	KNCY	KNCY	SAMY	SAMY	WCY
1:30 PM to 2:00 PM	CANY	CANY/MCDN	MCDN	QFY	QFY/DANY	DANY	JAXY	BNY/CCY
2:00 PM to 2:20 PM	Sprint	Sprint	Sprint	General	General	General	General	Sprint*

Finals - 9:00 AM Warm up Start, 11:00 AM Meet Start								
Finals	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
9:00 AM to 9:30 AM	SPY, BNY, JAXY, CCY							
9:30 AM to 10:00 AM	QFY, CLY, HEAT, KNCY, DECY							
10:00 AM to 10:30 AM	DOCS, MCDN, SAMY, CANY, WCY, DANY							
10:30 AM to 10:50 AM	Sprint	Sprint	Sprint	General	General	General	General	Sprint*

* During last warm up each session, Lane 8 Sprints will be from the turn end (8 and unders)

The Recreation pool will be open for warm up/cool throughout the entirety of the meet.

The Finals warm up is tentative. We will look at the numbers after the completion of the final prelim session if changes need to be made.