

## League Championships Warm-up Schedule

Sunday, July 28, 2019

Front Doors Open at 7:30 AM

### 1<sup>st</sup> Warm-up Session 7:50 AM - 8:20 AM

Group A – NYC, PLAT, NH, FW, PL, WR

Group B – KGR, SS, STC, MIBC, NW, SAM

### 2<sup>nd</sup> Warm-up Session 8:20 – 8:50 AM

Group C – EB, KL, MSC, KGM, TRI, KGG

Group D – MICC, SW, TOS, RH, MH, HW, SR, OL

Groups will switch ends halfway through their warm-up times. The Diving Pool will be unassigned.

Group A will start warm-up in the Scoreboard end, Group B will start in the competition end, Group C will start in the Scoreboard end, and Group D will start in the competition end. **Teams will switch at 8:05 and 8:35 AM respectively.**

	<u>Group A</u>	<u>Group B</u>	<u>Group C</u>	<u>Group D</u>
Lane 1	NYC, PLAT	KGR	EB	MICC
Lane 2	NH	SS, STC	EB	MICC
Lane 3	NH	SS, STC	EB	SW
Lane 4	NH	MIBC	KL	SW
Lane 5	FW	MIBC	KL	TOS, RH
Lane 6	FW	NW, SAM	MSC, KGM	TOS, RH
Lane 7	PL, WR	SAM	MSC, KGM	MH, HW
Lane 8	PL, WR	SAM	TRI, KGG	SR, OL

**Special Warm-up Conditions:** No swimming between the Bulkheads. Coaches must be present and supervise your team's warm-up and starts. No starting in the scoreboard end of the pool. The Scoreboard end and Diving Pool will be open the entire meet for warm-up and warm-down – coaches please monitor your swimmers during the meet.