

# 2022 Thanksgiving Invitational

West Family YMCA/Boise City Aquatic Center

November 18-20, 2022

## Warm-Up Procedures

With the exception of racing starts in the posted sprint lanes, NO DIVING is allowed from the blocks or the edge of the pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter. Please be aware, meet marshals have the authority to remove from the deck, any swimmer or coach who is in violation of warm-up procedures.

Friday

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10-16
C OF I Masters	CSC VOLT	ELKO LGSC	BSC	MVM PVST	NST	SAW SV5B	SA	BY	BY

Saturday and Sunday AM session

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10-16
BCS	BCS PVST	CSC ELKO	LGSC	MVM	NST	NST SA	SA	SAW VOLT	BY

Saturday and Sunday PM Session

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10-16
C OF I Masters	CSC LGSC ELKO	BSC	MVM	NST	PVST SAW	SA	SV5B VOLT	BY	BY