

# General Warmup Sessions: 13&Over and Friday Distance

## **Friday PM: 5:00PM START**

3:45- 4:30pm ALL Lanes General

Specific Warmups: 4:30- 4:50 pm

Shallow 10 Lane Course:

Pace: 1 and 10

Starts: 2,3 and 8,9

General 4,5,6,7

Deep End 8 Lane Course:

Pace: 1 and 8

Starts: 2,3 and 7

General: 4,5,6

## **Saturday AM and Sunday AM: 8:15am START**

6:30- 7:50am All Lanes General

7:50- 8:10 -Specific Warmups:

Shallow 10 Lane Course:

Pace: 1 and 10

Starts: 2,3 and 8,9

General 4,5,6,7

Deep End 8 Lane Course:

Pace 1 and 8

Starts: 2,3 and 7

General: 4,5,6

## **Saturday PM: Meet Start 5:15pm**

3:45- 4:45pm All Lanes General

4:45- 5:05pm -Specific Warmups:

Shallow 10 Lane Course:

Pace: 1 and 10

Starts: 2,3 and 8,9

General 4,5,6,7

Deep End 8 Lane Course:

Pace 1 and 8

Starts: 2,3 and 7

General: 4,5,6

# 12&Under Warmups

## **Saturday: Meet Start: 12:20pm**

11:30-12:10pm

Shallow End:

MACH: 1,2,3,4,5

CCA: 6,7,8

GATR: 9, 10

Deep End:

BWST: 1, 2

SCAT: 3

SFY: 4

Torp: 5

YORK: 6,7,8

Warmup Pool:

HOKI: 1, 2,3 4

## **Sunday: Meet Start: 12:00pm**

11:10-11:500pm

Shallow End:

MACH: 1,2,3,4,5

CCA: 6,7,8

GATR: 9, 10

Deep End:

BWST: 1, 2

SCAT: 3

SFY: 4

Torp: 5

YORK: 6,7,8

Warmup Pool:

HOKI: 1, 2,3 4