



2018 PA District Championship Warm up Schedule

	SESSION 1 - 7:30 - 7:50	SESSION 1 - 1:15 - 1:35	SESSION 1 - 7:30 - 7:50	SESSION 1 - 1:15 - 1:35
	SESSION 2 - 7:50 - 8:10	SESSION 2 - 1:35 - 1:55	SESSION 2 - 7:50 - 8:10	SESSION 2 - 1:35 - 1:55
	SESSION 3 - 8:10 - 8:30	SESSION 3 - 1:55 - 2:15	SESSION 3 - 8:10 - 8:30	SESSION 3 - 1:55 - 2:15
	ONE WAY STARTS - 8:30-8:45	ONE WAY STARTS - 2:15-2:30	ONE WAY STARTS - 8:30-8:45	ONE WAY STARTS - 2:15-2:30
	SATURDAY AM -JR	SATURDAY PM - SR	SUNDAY AM - Cadet	SUNDAY PM - Prep
Allegheny Valley YMCA	Session 3 lane 5	Session 2 lane 2	Session 2 lane 5&6	Session 1 lane 0
Baierl Family YMCA Sharks	Session 1 lane 7		Session 2 lane 6	Session 1 lane 5
Bradford Family YMCA	Session 2 lane 0	Session 1 lane 7	Session 3 lane 0	Session 1 lane 9
Brookville YMCA	Session 3 lane 3	Session 2 lane 5	Session 3 lane 2	Session 3 lane 0
Butler Y Aquatic Club	Session 1 lane 3&4	Session 1 lane 0&1	Session 1 lane 8&9	Session 1 lane 0&1
Clearfield YMCA	Session 2 lane 3	Session 2 lane 8&9	Session 3 lane 1	Session 2 lane 4
Corry YMCA Otters	Session 2 lane 0	Session 3 lane 4&5	Session 1 lane 2	Session 2 lane 8
County YMCA - Edinboro, PA	Session 2 lane 1	Session 3 lane 1	Session 3 lane 2	Session 1 lane 2
DuBois Area YMCA	Session 2 lane 1	Session 1 lane 2	Session 2 lane 8	Session 2 lane 0
Eastside Family Branch YMCA	Session 3 lane 4	Session 2 lane 1	Session 1 lane 0	Session 3 lane 9
Franklin YMCA - PA	Session 2 lane 9	Session 2 lane 7	Session 3 lane 3	Session 3 lane 7
GJY Swimming	Session 2 lane 7	Session 3 lane 9	Session 1 lane 1	Session 1 lane 4&5
Greensburg YMCA Stingrays	Session 2 lane 8&9	Session 3 lane 8&9	Session 2 lane 9	Session 2 lane 2&3
Grove City YMCA	Session 1 lane 9	Session 3 lane 0&1	Session 2 lane 7	Session 3 lane 4
Hollidaysburg YMCA	Session 2 lane 5	Session 1 lane 8&9	Session 3 lane 9	Session 1 lane 8&9
Jamestown YMCA	Session 2 lane 2	Session 2 lane 3	Session 3 lane 8	Session 3 lane 3&4
Ligonier Valley YMCA	Session 2 lane 7		Session 3 lane 7	Session 2 lane 3
Meadville YMCA	Session 3 lane 7	Session 2 lane 0	Session 3 lane 8	Session 3 lane 5
Mon Valley YMCA	Session 3 lane 2	Session 1 lane 5	Session 3 lane 0	Session 3 lane 7
New Castle Community YMCA	Session 1 lane 0&1	Session 1 lane 3	Session 1 lane 5&6	Session 2 lane 6&7
Oil City YMCA	Session 1 lane 4	Session 1 lane 6&7	Session 2 lane 2	Session 1 lane 3
Richard G. Snyder YMCA	Session 1 lane 2	Session 1 lane 4&5	Session 1 lane 6&7	Session 2 lane 6&7
Ridgway YMCA		Session 2 lane 9	Session 3 lane 1	Session 3 lane 2
Rose E Schneider YMCA	Session 1 lane 5&6	Session 2 lane 2	Session 3 lane 6	Session 2 lane 9
Sampson Family YMCA	Session 1 lane 8	Session 2 lane 4&5	Session 2 lane 0,1&2	Session 2 lane 0&1
Sewickley Valley YMCA			Session 1 lane 4	Session 3 lane 6
Shenango Valley YMCA	Session 1 lane 7	Session 3 lane 3	Session 1 lane 4	Session 3 lane 0&1
Thelma Lovette YMCA Gators				Session 3 lane 6
Spencer YMCA	Session 3 lane 0&1	Session 3 lane 2&3	Session 3 lane 5	Session 2 lane 5
Titusville YMCA	Session 2 lane 6	Session 3 lane 7	Session 3 lane 4	Session 2 lane 9
Uniontown Area YMCA	Session 3 lane 6	Session 2 lane 0&1	Session 2 lane 7&8	Session 3 lane 8&9
Warren County YMCA	Session 2 lane 4	Session 2 lane 6&7	Session 3 lane 7	Session 1 lane 7
Indiana YMCA	Session 3 lane 8&9	Session 3 lane 5&6	Session 2 lane 3&4	Session 1 lane 6&7

Friday night Jr./Sr. Distance will be open warm ups in lanes 0-5 - Lanes 6-9 will be open for continuous one way starts. All warm ups will be swum in the Deep end of the pool. The shallow end will remain open through out the meet for continuous warm up/cool down. The doors to the 3rd pool, adjacent to the main pool will remain locked throughout all sessions and it will not be used.