

SATURDAY AM WARM-UPS

Saturday morning we have a total of 758 swimmers, for an average of 31.6 swimmers per lane. During the 90 minute warm up period we will have three 25 minute assigned warm ups, followed by a fifteen minute period for start and pace work.

Teams may sprint during their assigned time also

The diving well will be open for any team to swim in during the warm up time and meet.

Ln	First Warm-Up Period: 7:00 – 7:25	Ttl
1	BAC - 64	32
2	BAC	32
3	DFAC – 34	34
4	VAC – 29, ASC – 1, CWWM – 1	31
5	LAKE – 42, J-HK – 9, NBSC – 8+1, CAST – 4	32
6	LAKE + J-HK + NBSC + CAST	32
7	WRAT – 26, SPDY – 5, FSC – 1	32
8	WOW – 16, WAM – 8, LOO – 8	32

Ln	Second Warm-Up Period: 7:25 – 7:50	Ttl
1	SWAT – 29, BAT – 2	31
2	YDC – 54, BB – 6, CRSC – 4	32
3	YDC + BB + CRSC	32
4	FCY – 25, EBSC – 37	31
5	FCY + EBSC	31
6	HSSB – 20, MM – 9, GCGG – 2	31
7	OCON – 14, TIDE – 13, TOSA – 4, UNAT – 1	32
8	OZ – 20, GBY – 9, NEAT – 2, PASC – 1	32

Ln	Third Warm-Up Period: 7:50 – 8:15	Ttl
1	FAST – 12, SHEY – 8, MMSY – 8+1, WBSC – 2	31
2	WEST – 38, MSS – 24	31
3	WEST + MSS	31
4	NLAC – 23, GBSC – 7, SCST – 1	31
5	BST – 20, SEAY – 6, GYST – 5	31
6	SSTY – 24, ECY – 4, OSHY – 2, LAXY - 1	31
7	SHOR – 20, MFSC – 8, RCSC – 4	32
8	OCSC – 17, WAVE – 13, REED – 1	31

Fourth Warm-Up Period: 8:15 – 8:30		
Lanes 1, 8: Pace work	Lanes 2 – 7: One way sprints	