

SUNDAY AM WARM-UPS

Saturday morning we have a total of 713 swimmers, for an average of 29.7 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	SHOR – 20, MFSC – 8, OSHY – 1	29
4	OCON – 13, TIDE – 13, TOSA – 4	30
5	WEST – 35, MSS – 24	29.5
6	WEST + MSS	29.5
7	YDC – 52, BB – 4, CRSC – 4	30
8	YDC + BB + CRSC	30

Ln	Second Warm-Up Period: 7:25 – 7:50	Ttl
1	DFAC – 32	32
2	VAC – 28, CWWM – 2	30
3	WRAT – 24, SPDY – 5	29
4	WOW – 12, LOO – 8, WAM – 8	28
5	BST – 20, SEAY – 4, GYST – 5	29
6	NLAC – 18, GBSC – 8, BASS – 1, PASC – 1	28
7	OCSC – 16, WAVE – 13	29
8	SSTY – 20, ECY – 2, CAST – 4, RCSC – 3	29

Ln	Third Warm-Up Period: 7:50 – 8:15	Ttl
1	FAST – 12, SHEY – 2, MMSY – 8+1, WBSC – 5	28
2	OZ – 20, GBY – 11	31
3	HSSB – 20, MM – 8	28
4	SWAT – 28 – BAT – 1	29
5	LAKE – 40, J-HK – 9, NBSC – 8+1, LAXY – 2	30
6	LAKE + J-HK + NBSC + LAXY	30
7	EBSC – 36, FCY – 20, REED – 5	30.5
8	EBSC + FCY + REED	30.5

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