

Warm-up Schedule for January 30, 2010

Girls B Championship Meet

AM Session - Warm-Up Information

Warm-up Session 1 (7:15 AM - 7:30) Sprints (7:30 - 7:35)

| | | |
|------|-------------|-----------------|
| HAZY | 22 swimmers | Lanes: 1, 2 & 3 |
| PFY | 18 swimmers | Lanes: 4 & 5 |
| BYST | 20 swimmers | Lanes: 6 & 7 |
| WBY | 11 swimmers | Lane: 8 |

Warm-up Session 2 (7:35 AM - 7:50) Sprints (7:50 - 7:55)

| | | |
|------|-------------|---------------|
| GSY | 14 swimmers | Lanes: 1, & 2 |
| TRVY | 14 swimmers | Lanes: 3 & 4 |
| SKY | 8 swimmers | Lane: 5 |
| NAZY | 20 swimmers | Lanes: 6 & 7 |
| Open | | Lane: 8 |

Warm-up Session 3 (7:55 AM - 8:10) Sprints (8:10 - 8:15)

| | | |
|------|-------------|----------------|
| RAYS | 12 swimmers | Lanes: 1 & 2 |
| LCY | 24 swimmers | Lanes: 3,4 & 5 |
| UMLY | 8 swimmers | Lane: 6 |
| HATY | 6 swimmers | Lane: 7 |
| Open | | Lane: 8 |

PM Session - Warm-Up Information

Warm-up Session 1 (1:00 AM - 1:15) Sprints (1:15 - 1:20)

| | | |
|------|-------------|-----------------------|
| HAZY | 25 swimmers | Lanes: 1, 2 & 3 |
| PFY | 43 swimmers | Lanes: 4, 5, 6, 7 & 8 |

Warm-up Session 2 (1:20 AM - 1:35) Sprints (1:35 - 1:40)

| | | |
|------|-------------|---------------|
| GSY | 12 swimmers | Lanes: 1, & 2 |
| TRVY | 9 swimmers | Lanes: 3 |
| BYST | 18 swimmers | Lanes: 4 & 5 |
| HATY | 15 swimmers | Lanes: 6 & 7 |
| WBY | 6 swimmers | Lanes: 8 |

Warm-up Session 3 (1:40 AM - 1:55) Sprints (1:55 - 2:00)

| | | |
|------|-------------|------------------|
| NAZY | 24 swimmers | Lanes: 1, 2 & 3 |
| LCY | 26 swimmers | Lanes: 4, 5, & 6 |
| SKY | 8 swimmers | Lane: 7 |
| Open | | Lane: 8 |

Warm-up Session 4 (2:00 AM - 2:15) Sprints (2:15 - 2:20)

| | | |
|------|-------------|---------------------|
| UMLY | 16 swimmers | Lanes: 1 & 2 |
| RAYS | 20 swimmers | Lanes: 3, & 4 |
| Open | | Lanes: 5, 6, 7, & 8 |