

Warm-up Schedule for February 20, 2010

Boys C Championship Meet

Session - Warm-Up Information

Warm-up Session 1 (12:00 PM - 12:15) Sprints (12:15 - 12:20)

RAYS	24 swimmers	Lanes: 1, 2, & 3
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OPEN		Lanes: 4, 5 & 6
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Warm-up Session 2 (12:20 PM - 12:35) Sprints (12:35 - 12:40)

AMB	30 swimmers	Lanes 1, 2 & 3
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ROCK	21 swimmers	Lanes: 4, 5 & 6
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Warm-up Session 3 (12:40 PM - 12:55) Sprints (12:55 - 1:00)

UBY	27 swimmers	Lanes 1, 2 & 3
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NPY	13 swimmers	Lanes: 4 & 5
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OPEN		Lane: 6
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