

Warm-up Schedule for February 13, 2010

Girls C Championship Meet

Note: Sprints can only be done in lanes 1 thru 6

Session - Warm-Up Information

Warm-up Session 1 (8:30 AM - 8:45) Sprints (8:45 - 8:50)

UBY	38 swimmers	Lanes: 1, 2, 3 & 4
NPY	7 swimmers	Lane: 5
Open		Lane: 6

Warm-up Session 2 (8:50 AM - 9:05) Sprints (9:05 - 9:10)

BYNS	58 swimmers	Lanes: 1, 2, 3, 4, 5 & 6
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Warm-up Session 3 (9:10 AM - 9:25) Sprints (9:25 - 9:30)

UMLY	27 swimmers	Lanes: 1, 2 & 3
AMB	23 swimmers	Lanes: 4, 5 & 6

Warm-up Session 3 (9:30 AM - 9:45) Sprints (9:45 - 9:50)

LYM	19 swimmers	Lanes: 1 & 2
ROCK	16 swimmers	Lanes: 3 & 4
Open		Lanes: 5 & 6