

Warm-up Schedule for February 11 and 12, 2012

Jefferson Championship Meet

Saturday PM Session - Warm-Up Information

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

LCY	47 swimmers	Lanes:	1, 2, 3, 4 & Share 5
PAY	14 swimmers	Lane:	6 & Share 5

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

LYM	47 swimmers	Lanes:	1, 2, 3, 4 & Share 5
UMLY	13 swimmers	Lanes:	6 & Share 5

Warm-up Session 3 (1:30 PM - 1:45) Sprints (1:45 - 1:50)

PTFY	18 swimmers	Lanes:	1 & 2
RAYS	17 swimmers	Lanes:	3 & 4
ROCK	15 swimmers	Lanes:	5 & 6

Sunday AM Session - Warm-Up Information

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

LCY	33 swimmers	Lanes:	1, 2, 3 & 4
OPEN		Lanes:	5 & 6

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

ROCK	26 swimmers	Lanes:	1, 2 & 3
PTFY	15 swimmers	Lanes:	4 & 5
OPEN		Lane:	6

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

RAYS	20 swimmers	Lanes:	1 & 2
PAY	10 swimmers	Lane:	3
UMLY	10 swimmers	Lane:	4
OPEN		Lanes:	5 & 6

Warm-up Schedule for February 11 & 12, 2012
Jefferson Championship Meet

Sunday PM Session - Warm-Up Information

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

LCY 69 swimmers Lanes: 1, 2, 3, 4, 5, & 6

Warm-up Session 2 (12:20 PM - 12:35) Sprints (12:35 - 12:40)

PAY 24 swimmers Lanes: 1 & 2

LYM 45 swimmers Lanes: 3, 4, 5 & 6

Warm-up Session 3 (12:40 PM - 1:55) Sprints (12:55 - 1:00)

ROCK 46 swimmers Lanes: 1, 2, 3 & 4

UMLY 16 swimmers Lanes: 5 & 6

Warm-up Session 4 (1:00 PM - 1:15) Sprints (1:15 - 1:20)

RAYS 37 swimmers Lanes: 1, 2, 3 & 4

PTFY 27 swimmers Lanes: 5 & 6