

Warm-up Schedule for February 19, 2012
Monroe Championship Meet

AM Session - Warm-Up Information

Warm-up Session 1 (7:30 AM - 7:45) Sprints (7:45 - 7:50)

GSY	22 swimmers	Lanes: 1, 2 & 3
WBY	20 swimmers	Lanes: 4, 5 & 6
OPEN		Lanes: 7 & 8

Warm-up Session 2 (7:50 AM - 8:05) Sprints (8:05 - 8:10)

HAZY	24 swimmers	Lanes: 1, 2 & 3
PFY	24 swimmers	Lanes: 4, 5 & 6
SKY	17 swimmers	Lanes: 7 & 8

PM Session - Warm-Up Information

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

GSY	33 swimmers	Lanes: 1, 2, 3 & 4
SKY	15 swimmers	Lanes: 5 & 6
WBY	5 swimmers	Lane : 6 & 7
OPEN	7 swimmers	Lane: 8

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

HAZY	53 swimmers	Lanes: 1, 2, 3, 4, 5 & 6
OPEN	24 swimmers	Lanes: 7 & 8

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

PFY	52 swimmers	Lanes: 1, 2, 3, 4, 5 & 6
OPEN	7 swimmers	Lanes 7 & 8