

## Warm-up Schedule for February 4, 2012

### Washington Championship Meet

#### AM Session - Warm-Up Information

##### Warm-up Session 1 ( 7:00 AM - 7:15 ) Sprints ( 7:15 - 7:20 )

<b>RY</b>	49 swimmers	Lanes:	1, 2, 3, 4 & 5
<b>BYNS</b>	32 swimmers	Lanes:	6, 7 & 8

##### Warm-up Session 2 ( 7:20 AM - 7:35) Sprints ( 7:35 - 7:40 )

<b>UMLY</b>	46 swimmers	Lanes:	1, 2, 3, 4 & 5
<b>PTFY</b>	22 swimmers	Lanes:	6 & 7
<b>OPEN</b>		Lane:	8

##### Warm-up Session 3 ( 7:40 AM - 7:55) Sprints ( 7:55 - 8:00)

<b>RAYS</b>	31 swimmers	Lanes:	1, 2 & 3
<b>PAY</b>	28 swimmers	Lanes:	4, 5 & 6
<b>OPEN</b>		Lanes:	7 & 8

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#### PM Session - Warm-Up Information

##### Warm-up Session 1 ( 12:30 PM - 12:45 ) Sprints ( 12:45 - 12:50 )

<b>RY</b>	70 swimmers	Lanes:	1, 2, 3, 4, 5, 6 & Share 7
<b>PTFY</b>	15 swimmers	Lanes:	8 & Share 7

##### Warm-up Session 2 ( 12:50 PM - 1:05) Sprints ( 1:05 - 1:10 )

<b>PTFY</b>	34 swimmers	Lanes:	1, 2 & 3
<b>UMLY</b>	58 swimmers	Lanes:	4, 5, ,6, 7 & 8

##### Warm-up Session 3 ( 1:10 PM - 1:25) Sprints ( 1:25 - 1:30)

<b>PAY</b>	52 swimmers	Lanes:	1, 2, 3, 4 & 5
<b>BYNS</b>	32 swimmers	Lanes:	6, 7 & 8

##### Warm-up Session 4 ( 1:30 PM - 1:45) Sprints ( 1:45 - 1:50)

<b>BYNS</b>	27 swimmers	Lanes:	1, 2 & 3
<b>RAYS</b>	47 swimmers	Lanes:	4, 5, 6, 7 & 8