



PENN-DEL Invitational – Distance Meet January 28, 2018

Warm-up Schedule

Sunday AM Session - Warm-Up Information

Session 1

Warm-up Session 1 (8:20 AM - 8:40) Sprints (8:40 - 8:45)

OPEN	37 swimmers	Lanes:	2, 3, 4, 5 & 6
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Sunday PM Session - Warm-Up Information

Session 2

Warm-up Session 1 (12:20 PM - 12:35) Sprints (12:35 - 12:40)

JAY	41 swimmers	Lanes:	1, 2, 3 & 4
KAY	21 swimmers	Lanes:	5 & 6

Warm-up Session 2 (12:40 PM - 12:55) Sprints (12:55 - 1:00)

BRY	29 swimmers	Lanes:	1, 2 & 3
LCY	31 swimmers	Lanes:	4, 5 & 6

Warm-up Session 3 (1:00 PM - 1:15) Sprints (1:15 - 1:20)

WCAY	21 swimmers	Lanes:	1 & 2
LMY	12 swimmers	Lanes:	3
PTY	3 swimmers	Lanes:	4
RAY	9 swimmers	Lanes:	5
OPEN		Lanes:	6

Swimmers will be staged in the gym between events.

Please dress appropriately to stay warm. This is an air-conditioned space, sweats, fleece, blankets may be appropriate.

All electronics and personal items are the sole responsibility of the owner.