



# PENN-DEL Championship – Washington Division February 4 & 5, 2017

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## Meeting Schedule Saturday Morning Session

|                           |         |
|---------------------------|---------|
| <b>WARM-UPS</b>           | 7:15 AM |
| <b>COACHES MEETING</b>    | 7:30 AM |
| <b>OFFICIALS MEETING:</b> | 7:45 AM |
| <b>TIMERS MEETING:</b>    | 8:00 AM |
| <b>MEET START:</b>        | 8:30 AM |

## Meeting Schedule Saturday Afternoon Session

|                           |          |
|---------------------------|----------|
| <b>WARM-UPS</b>           | 12:45 PM |
| <b>COACHES MEETING</b>    | 1:15 PM  |
| <b>OFFICIALS MEETING:</b> | 1:30 PM  |
| <b>TIMERS MEETING:</b>    | 1:45 PM  |
| <b>MEET START:</b>        | 2:00 PM  |

## Meeting Schedule Sunday Morning Session

|                           |         |
|---------------------------|---------|
| <b>WARM-UPS</b>           | 7:15 AM |
| <b>COACHES MEETING</b>    | 7:30 AM |
| <b>OFFICIALS MEETING:</b> | 7:45 AM |
| <b>TIMERS MEETING:</b>    | 8:00 AM |
| <b>MEET START:</b>        | 8:30 AM |

The Saturday morning session is scheduled to end at 11:30 PM.

The Saturday AM session break will be after event 117.

The Saturday afternoon session is scheduled to end at 7:50 PM.

The Saturday PM session break will be after event 322.

The Sunday morning session is scheduled to end at 11:30 AM.

The Sunday AM session break will be after event 218.



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## Saturday AM Session - Warm-Up Information

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

|             |             |        |           |
|-------------|-------------|--------|-----------|
| <b>RY</b>   | 34 swimmers | Lanes: | 1,2,3 & 4 |
| <b>OPEN</b> |             | Lanes: | 5,6,7 & 8 |

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

|             |             |        |             |
|-------------|-------------|--------|-------------|
| <b>PAY</b>  | 52 swimmers | Lanes: | 1,2,3,4 & 5 |
| <b>BYNS</b> | 29 swimmers | Lanes: | 6,7 & 8     |

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

|             |             |        |             |
|-------------|-------------|--------|-------------|
| <b>UMLY</b> | 30 swimmers | Lanes: | 1,2 & 3     |
| <b>WCAY</b> | 48 swimmers | Lanes: | 4,5,6,7 & 8 |

## Saturday PM Session - Warm-Up Information

### Warm-up Session 1 ( 12:45 PM - 1:00 ) Sprints ( 1:00 - 1:05 )

|             |             |        |                 |
|-------------|-------------|--------|-----------------|
| <b>RY</b>   | 64 swimmers | Lanes: | 1,2,3,4,5,6 & 7 |
| <b>OPEN</b> |             | Lanes: | 8               |

### Warm-up Session 2 ( 1:05 PM - 1:20 ) Sprints ( 1:20 - 1:25 )

|             |             |        |                 |
|-------------|-------------|--------|-----------------|
| <b>PAY</b>  | 65 swimmers | Lanes: | 1,2,3,4,5,6 & 7 |
| <b>OPEN</b> |             | Lanes: | 8               |

### Warm-up Session 3 ( 1:25 PM - 1:40 ) Sprints ( 1:40 - 1:45 )

|             |             |        |             |
|-------------|-------------|--------|-------------|
| <b>BYNS</b> | 36 swimmers | Lanes: | 1,2,3 & 4   |
| <b>WCAY</b> | 46 swimmers | Lanes: | 4,5,6,7 & 8 |

### Warm-up Session 3 ( 1:25 PM - 1:40 ) Sprints ( 1:40 - 1:45 )

|             |             |        |             |
|-------------|-------------|--------|-------------|
| <b>UMLY</b> | 49 swimmers | Lanes: | 1,2,3,4 & 5 |
| <b>OPEN</b> |             | Lanes: | 6,7 & 8     |



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## Sunday AM Session - Warm-Up Information

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

|             |             |        |         |
|-------------|-------------|--------|---------|
| <b>RY</b>   | 31 swimmers | Lanes: | 1,2 & 3 |
| <b>BYNS</b> | 33 swimmers | Lanes: | 4,5 & 6 |
| <b>OPEN</b> |             | Lanes: | 7 & 8   |

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

|             |             |        |           |
|-------------|-------------|--------|-----------|
| <b>PAY</b>  | 38 swimmers | Lanes: | 1,2,3 & 4 |
| <b>UMLY</b> | 34 swimmers | Lanes: | 6,7 & 8   |

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

|             |             |       |             |
|-------------|-------------|-------|-------------|
| <b>WCAY</b> | 25 swimmers | Lane: | 1,2 & 3     |
| <b>OPEN</b> |             | Lane: | 4,5,6,7 & 8 |