



# **PENN-DEL Championship – Jefferson Division February, 9 & 10 2019**

## **Warm-up Schedule**

Version 2/5/2019

### **Saturday PM Session 8 - U**

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

|             |             |        |           |
|-------------|-------------|--------|-----------|
| <b>LYM</b>  | 11 swimmers | Lanes: | 1         |
| <b>RKRY</b> | 30 swimmers | Lanes: | 2,3 & 4   |
| <b>OPEN</b> |             | Lanes: | 5,6,7 & 8 |

#### **Warm-up Session 2 ( 4:50 PM - 5:05 ) Sprints ( 5:05 - 5:10 )**

|             |             |        |       |
|-------------|-------------|--------|-------|
| <b>BCY</b>  | 24 swimmers | Lanes: | 1 & 2 |
| <b>UMLY</b> | 21 swimmers | Lanes: | 3 & 4 |
| <b>HATY</b> | 13 swimmers | Lanes: | 5 & 6 |

### **Sunday AM Session - 11 - 12 & 9-10**

#### **Warm-up Session 1 ( 7:20 AM – 7:35 ) Sprints ( 7:35AM - 7:40 )**

|             |             |        |           |
|-------------|-------------|--------|-----------|
| <b>LYM</b>  | 40 swimmers | Lanes: | 1,2,3 & 4 |
| <b>HATY</b> | 26 swimmers | Lanes: | 5,6 & 7   |
| <b>OPEN</b> |             | Lane:  | 8         |

#### **Warm-up Session 2 ( 7:40 AM - 7:55) Sprints ( 7:55AM - 8:00 )**

|             |             |        |             |
|-------------|-------------|--------|-------------|
| <b>RKRY</b> | 46 swimmers | Lanes: | 1,2,3,4 & 5 |
| <b>BCY</b>  | 22 swimmers | Lanes: | 6 & 7       |
| <b>OPEN</b> |             | Lane:  | 8           |

#### **Warm-up Session 3 ( 8:00 AM - 8:15) Sprints ( 8:15 PM - 8:20 )**

|             |             |        |         |
|-------------|-------------|--------|---------|
| <b>UMLY</b> | 37 swimmers | Lanes: | 3,4 & 5 |
| <b>OPEN</b> |             | Lanes: | 6       |



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## **Sunday PM Session - 13-14 & 15-21**

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

|             |             |        |             |
|-------------|-------------|--------|-------------|
| <b>LYM</b>  | 36 swimmers | Lanes: | 1, 2, 3 & 4 |
| <b>HATY</b> | 8 swimmers  | Lanes: | 5           |
| <b>OPEN</b> |             | Lanes: | 6,7 & 8     |

### **Warm-up Session 2 ( 1:30 PM - 1:45) Sprints ( 1:45 - 1:50 )**

|             |             |        |           |
|-------------|-------------|--------|-----------|
| <b>RKRY</b> | 29 swimmers | Lanes: | 1, 2 & 3  |
| <b>UMLY</b> | 36 swimmers | Lanes: | 4,5,6 & 7 |
| <b>BCY</b>  | 10 swimmers | Lanes: | 8         |