



PENN-DEL Championship – Madison Division February, 2 & 3, 2019

REV1/29/2019

Warm-up Schedule

AM Session Day 1 - Warm-Up Information

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

NPY	25 swimmers	Lanes:	1,2 & 3
CBFY	23 swimmers	Lanes:	4,5 & 6
OPEN		Lanes:	6

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

UBY	20 swimmers	Lanes:	1 & 2
BYST	24 swimmers	Lanes:	3,4 & 5
AAV	5 swimmers	Lane:	6

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

NEYS	37 swimmers	Lanes:	1,2,3 & 4
TRVY	17 swimmers	Lanes:	5 & 6

PM Session Day 1- Warm-Up Information

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

NPY	45 swimmers	Lanes:	1,2,3,4 & 5
OPEN		Lanes:	6

Warm-up Session 2 (1:20 PM - 1:35) Sprints (1:35 - 1:40)

NEYS	31 swimmers	Lanes:	1,2 & 3
AAV	12 swimmers	Lanes:	5
OPEN		Lanes:	6

Warm-up Session 3 (1:40 PM - 1:55) Sprints (1:55 - 2:00)

CBFY	36 swimmers	Lanes	1,2,3 & 4
BYST	19 swimmers	Lanes:	5 & 6

Warm-up Session 4 (2:00 PM - 2:15) Sprints (2:15 - 2:20)

TRVY	9 swimmers	Lanes:	1
UBY	22 swimmers	Lanes:	2,3 & 4
OPEN		Lane:	5 & 6



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Warm-up Schedule

AM Session Day 2 - Warm-Up Information

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

NPY	38 swimmers	Lanes:	1,2,3 & 4
AAY	12 swimmers	Lanes:	5
OPEN		Lane:	6

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

BYST	22 swimmers	Lanes:	1 & 2
CBFY	41 swimmers	Lanes:	3,4,5 & 6

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

NEYS	47 swimmers	Lanes:	1,2,3,4 & 5
OPEN		Lanes:	6

Warm-up Session 4 (8:00 AM - 8:15) Sprints (8:15 - 8:20)

TRVY	16 swimmers	Lanes:	1 & 2
UBY	31 swimmers	Lanes:	3,4 & 5
OPEN		Lane:	6