



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

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Version02/06/2019

## Saturday AM Session - Warm-Up Information

### Warm-up Session 1 ( 10:00 AM - 10:15 ) Sprints ( 10:15 - 1:20 )

<b>PFY</b>	33 swimmers	Lanes:	1, 2 & 3
<b>WBY</b>	18 swimmers	Lanes:	4 & 5
<b>HAZY</b>	14 swimmers	Lanes:	5 & 6

### Warm-up Session 2 ( 10:20 AM - 10:35 ) Sprints ( 10:35 - 10:40 )

<b>SKY</b>	24 swimmers	Lanes:	1 & 2
<b>GSY</b>	22 swimmers	Lanes:	3 & 4
<b>BAY</b>	23 swimmers	Lanes:	5 & 6

## Saturday PM Session - Warm-Up Information

### Warm-up Session 1 ( 2:40 PM - 2:55 ) Sprints ( 2:55 - 3:05 )

<b>WBY</b>	6 swimmers	Lanes:	1
<b>SKY</b>	18 swimmers	Lanes:	2 & 3
<b>GSY</b>	29 swimmers	Lanes:	4, 5 & 6

### Warm-up Session 2 ( 3:05 PM - 3:20 ) Sprints ( 3:20 - 3:30 )

<b>PFY</b>	25 swimmers	Lanes:	1 & 2
<b>HAZY</b>	20 swimmers	Lanes:	4 & 5
<b>BAY</b>	22 swimmers	Lanes:	5 & 6



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## **Sunday AM Session - Warm-Up Information**

### **Warm-up Session 1 ( 7:15 AM - 7:30 ) Sprints ( 7:35 - 7:45 )**

<b>BAY</b>	38 swimmers	Lanes:	1,2 & 3
<b>GSY</b>	9 swimmers	Lanes:	4
<b>SKY</b>	23 swimmers	Lanes:	5 & 6

### **Warm-up Session 2 ( 7:45 AM - 8:00 ) Sprints ( 8:00 - 8:10 )**

<b>PFY</b>	47 swimmers	Lanes:	1,2,3 & 4
<b>WBY</b>	8 swimmers	Lanes:	5
<b>HAZY</b>	18 swimmers	Lanes:	6 & 7