



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

REV1/29/2019

Saturday AM Session - Warm-Up Information

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

WCAY	38 swimmers	Lanes:	2,3,4 & 5
OPEN		Lanes:	6,7,8,9 & 10

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

PAY	43 swimmers	Lanes:	2,3,4 & 5
UMLY	36 swimmers	Lanes:	6,7,8 & 9
OPEN		Lane:	10

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

BYNS	29 swimmers	Lanes:	2,3 & 4
RY	25 swimmers	Lanes:	5,6 & 7
OPEN		Lane:	8,9 & 10

Saturday PM Session - Warm-Up Information

Warm-up Session 1 (12:15 PM - 12:30) Sprints (12:30 - 12:35)

WCAY	46 swimmers	Lanes:	1,2,3,4 & 5
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NO SPRINTS LANE 1

UMLY	52 swimmers	Lanes:	6,7,8,9 & 10
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Warm-up Session 2 (12:35 PM - 12:50) Sprints (12:50 - 12:55)

PAY	58 swimmers	Lanes:	1,2,3,4,5 & 6
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NO SPRINTS LANE 1

OPEN		Lanes:	7,8,9 & 10
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Warm-up Session 3 (12:55 PM - 1:10) Sprints (1:10 - 1:15)

BYNS	46 swimmers	Lanes:	1,2,3,4 & 5
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NO SPRINTS LANE 1

RY	58 swimmers	Lanes:	5,6,7,8,9 & 10
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Sunday AM Session - Warm-Up Information

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

WCAY	43 swimmers	Lanes:	2,3,4 & 5
OPEN		Lanes:	6,7,8,9 & 10

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

PAY	47 swimmers	Lanes:	2,3,4,5 & 6
UMLY	41 swimmers	Lanes:	7,8,9 & 10

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

RY	49 swimmers	Lane:	2,3,4,5 & 6
BYNS	34 swimmers	Lanes:	7,8,9 & 10