



PENN-DEL Championship – North Distance January 26, 2020

REV1/20/2020

Warm-up Schedule

AM Session Day 1 - Warm-Up Information

Warm-up Session 1 (8:30 - 8:45 AM) Sprints (8:45 - 8:50 AM)
OPEN Lanes: 1,2,3,4,5 & 6

No more than 10 swimmers per lane

PM Session Day 1- Warm-Up Information

Warm-up Session 1 (12:15 - 12:30 PM) Sprints (12:30 - 12:35 PM)
PFY 55 swimmers Lanes: 1,2,3,4 & 5
OPEN Lanes: 6

Warm-up Session 2 (12:35 - 12:50 PM) Sprints (12:50 - 12:55 PM)
FAY 16 swimmers Lanes: 1 & 2
NEYS 14 swimmers Lanes: 3 & 4
WBY 7 swimmers Lane: 5
OPEN Lane: 6