



# **PENN-DEL Championship – Adams Division February 1 & 2, 2020**

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## **MEETING AND WARM-UP SCHEDULE**

### **Meeting Schedule Saturday Morning Session**

<b>WARM-UPS</b>	7:00 AM
<b>COACHES MEETING</b>	7:20 AM
<b>OFFICIALS MEETING:</b>	7:35 AM
<b>TIMERS MEETING:</b>	7:50 AM
<b>MEET START:</b>	8:15 AM

### **Meeting Schedule Saturday Afternoon Session**

<b>WARM-UPS</b>	12:30 PM
<b>COACHES MEETING</b>	12:45 PM
<b>OFFICIALS MEETING:</b>	1:00 PM
<b>TIMERS MEETING:</b>	1:15 PM
<b>MEET START:</b>	1:35 PM

### **Meeting Schedule Sunday Morning Session**

<b>WARM-UPS</b>	7:00 AM
<b>COACHES MEETING</b>	7:20 AM
<b>OFFICIALS MEETING:</b>	7:35 AM
<b>TIMERS MEETING:</b>	7:50 AM
<b>MEET START:</b>	8:15 AM

**The Saturday morning session is estimated to end at 11:15 AM.**

**The Saturday morning session break will be after event 114**

**The Saturday afternoon session is estimated to end at 5:30 PM.**

**The Saturday afternoon session break will be after event 218**

**The Sunday morning session is estimated to end at 1:00 PM.**

**The Saturday morning session break will be after event 322.**



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## MEETING AND WARM-UP SCHEDULE

### Saturday AM Session - Warm-Up Information

#### 8 & U & 9-10 Girls

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

<b>LCY</b>	40 swimmers	Lanes:	1,2,3 & 4
<b>BRY</b>	35 swimmers	Lanes:	5,6,7 & 8

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

<b>JY</b>	37 swimmers	Lanes:	1,2 & 3
<b>WEST</b>	28 swimmers	Lanes:	4,5,6 & 7
<b>OPEN</b>		Lanes:	8

##### Warm-up Session 3 ( 7:40 PM - 7:55 ) Sprints ( 7:55 – 8:00 )

<b>KAY</b>	21 swimmers	Lanes:	1,2,3 & 4
<b>RAY</b>	37 swimmers	Lanes:	5,6,7 & 8

### Saturday PM Session - Warm-Up Information

#### 9-10 Boys & 11-12

##### Warm-up Session 1 ( 12:30 PM - 12:45 ) Sprints ( 12:45 - 12:50 )

<b>LCY</b>	39 swimmers	Lanes:	2,3,4 & 5
<b>BRY</b>	47 swimmers	Lanes:	6,7,8,9 & 10
<b>OPEN</b>	-- swimmers	Lanes:	1

##### Warm-up Session 2 ( 12:50 PM - 1:05 ) Sprints ( 1:05 - 1:10 )

<b>JY</b>	31 swimmers	Lanes:	2,3 & 4
<b>WEST</b>	31 swimmers	Lanes:	5,6 & 7
<b>OPEN</b>		Lanes:	8,9 & 10

##### Warm-up Session 3 ( 1:10 PM - 1:25 ) Sprints ( 1:25 - 1:30 )

<b>KAY</b>	37 swimmers	Lanes:	2,3,4 & 5
<b>RAY</b>	43 swimmers	Lanes:	6,7,8 & 9
<b>OPEN</b>		Lanes:	10



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## **MEETING AND WARM-UP SCHEDULE**

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

**13 – 14 & 15-21**

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

<b>LCY</b>	47 swimmers	Lanes:	2,3,4,5 & 6
<b>BRY</b>	40 swimmers	Lanes:	7,8 & 9
<b>OPEN</b>		Lane:	10

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

<b>JY</b>	26 swimmers	Lanes:	2,3 & 4
<b>WEST</b>	43 swimmers	Lanes:	5,6,7 & 8
<b>OPEN</b>		Lane:	9 & 10

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

<b>KAY</b>	41 swimmers	Lanes:	2,3,4 & 5
<b>RAY</b>	44 swimmers	Lanes:	6,7,8 & 9
<b>OPEN</b>		Lane:	10

**Swimmers will be staged in the gym between events.**

**Please dress appropriately to stay warm. This is an air-conditioned space, sweats, fleece, blankets may be appropriate.**

**All electronics and personal items are the sole responsibility of the owner.**