



PENN-DEL Championship – Washington Division January 28 & 29, 2023

Rev1/22/2023

Saturday AM Session - Warm-Up Information

Warm-up Session 1 (8:00 AM - 8:15) Sprints (8:15 - 8:20)

WCAY	56 swimmers	Lanes:	1, 2, 3, 4, 5 & 6
PAY	40 swimmers	Lanes:	7, 8, 9 & 10

Warm-up Session 2 (8:20 AM - 8:35) Sprints (8:35 - 8:40)

BYNS	28 swimmers	Lanes:	1, 2 & 3
UMLY	26 swimmers	Lanes:	4, 5 & 6
RY	35 swimmers	Lanes:	7, 8, 9 & 10

Saturday PM Session - Warm-Up Information

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

WCAY	46 swimmers	Lanes:	1, 2,3, 4 & 5
UMLY	23 swimmers	Lanes:	6 & 7
RY	30 swimmers	Lanes:	8, 9 & 10

Warm-up Session 2 (1:10 PM - 1:25) Sprints (1:25 - 1:30)

PAY	54 swimmers	Lanes:	1, 2, 3, 4, 5 & 6
BYNS	42 swimmers	Lanes:	7, 8, 9 & 10



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Sunday AM Session - Warm-Up Information

Warm-up Session 1 (7:20 AM - 7:35) Sprints (7:35 - 7:40)

WCAY	36 swimmers	Lanes:	1, 2, 3, 4 & 5
PAY	40 swimmers	Lanes:	6, 7, 8, 9 & 10

Warm-up Session 2 (7:40 AM - 7:55) Sprints (7:55 - 8:00)

BYNS	17 swimmers	Lanes:	7, 8 & 9
RY	33 swimmers	Lanes:	6, 7, 8, & 9
OPEN		Lanes:	10

Sunday PM Session - Warm-Up Information

Warm-up Session 1 (11:40 AM - 11:55) Sprints (11:55 - 12:00)

WCAY	26 swimmers	Lanes:	1, 2, 3, & 4
PAY	30 swimmers	Lanes:	5, 6, 7, & 8
OPEN		Lanes:	10

Warm-up Session 2 (12:00 PM - 12:15) Sprints (12:15 - 12:20)

RY	38 swimmers	Lanes:	1, 2, 3, 4 & 5
BYNS	24 swimmers	Lanes:	6 & 7, 8, 9
OPEN		Lanes:	10