

# Adams Championships Warm Up Sessions

**Sprint lanes will be permitted at the team's own discretion.  
During sprints, swimmers must enter pool from the starting blocks  
and exit from the opposite end of the lane.**

## Saturday, February 4<sup>th</sup> ~ Session 1 – Start 8:15am – End 11:30am

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:15-7:30am	KJAY -44	KJAY	KJAY	KJAY	LCY - 36	LCY	LCY	LCY
7:30-7:45am	RAYS -42	RAYS	RAYS	RAYS	RAYS	OPEN	OPEN	OPEN
7:45-8:00am	WEST - 35	WEST	WEST	WEST	BRY - 6	OPEN	OPEN	OPEN

## Saturday, February 4<sup>th</sup> ~ Session 2 – Start 1:45pm – End 6:15pm

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:10-12:30pm	KJAY - 80	KJAY	KJAY	KJAY	KJAY	KJAY	KJAY	KJAY
12:30-12:50pm	RAYS - 47	RAYS	RAYS	RAYS	RAYS	RAYS	KJAY	KJAY
12:50-1:10pm	WEST - 37	WEST	WEST	WEST	WEST	BRY - 8	BRY	OPEN
1:10-1:30pm	LCY - 35	LCY	LCY	LCY	LCY	OPEN	OPEN	OPEN



## Sunday, February 5<sup>th</sup> ~ Session 3 – Start 8:15am – End 11:45am

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:15-7:30am	KJAY - 56	KJAY	KJAY	KJAY	KJAY	KJAY	OPEN	OPEN
7:30-7:45am	RAYS - 53	RAYS	RAYS	RAYS	RAYS	RAYS	BRY - 17	BRY
7:45-8:00am	WEST - 32	WEST	WEST	WEST	LCY - 35	LCY	LCY	LCY