



# PENN-DEL Invitational – South Distance January 21-22, 2022

REV2.2 1/18/2023

## Warm-up Schedule

### PM Session Day 1 - Warm-Up Information

**Warm-up Session 1 ( 2:00 PM - 2:45 PM ) Sprints ( 2:45 - 2:55 )**  
**OPEN** Lanes: 1,2,3,4,5,6,7 & 8

### AM Session Day 2- Warm-Up Information

#### Warm-up Session 1 ( 7:30 AM – 7:55 AM )

<b>BYNS</b>	27 swimmers	Lanes:	1, 2 & 3
<b>PAY</b>	30 swimmers	Lanes:	4, 5 & 6
<b>LCY</b>	5 swimmers	Lanes:	7
<b>KJAY</b>	1 swimmers	Lanes:	8
<b>UMLY</b>	1 swimmers	Lanes:	8

#### Warm-up Session 2 ( 7:55 AM – 8:20 AM )

<b>RY</b>	27 swimmers	Lanes:	1, 2 & 3
<b>WEST</b>	14 swimmers	Lane	4 & 5
<b>BRY</b>	3 swimmers	Lanes:	5
<b>WCAY</b>	12 swimmers	Lane	6 & 7
<b>RAY</b>	7 swimmers	Lane	8



# **PENN-DEL Invitational – South Distance January 21-22, 2022**

---

REV2.2 1/18/2023

## **PM Session Day 2- Warm-Up Information**

### **Warm-up Session 1 ( 2:00 PM – 2:25 PM )**

<b>BYNS</b>	30 swimmers	Lanes:	1, 2 & 3
<b>PAY</b>	17 swimmers	Lanes:	4 & 5
<b>LCY</b>	11 swimmers	Lane:	6
<b>KJAY</b>	6 swimmers	Lane:	7
<b>WCAY</b>	9 swimmers	Lane:	8

### **Warm-up Session 2 ( 2:25 PM – 2:50 PM )**

<b>RY</b>	23 swimmers	Lanes:	1, 2 & 3
<b>WEST</b>	25 swimmers	Lane:	3, 4 & 5
<b>BRY</b>	14 swimmers	Lanes:	6 & 7
<b>RAY</b>	12 swimmers	Lane:	8