

Warmup Schedule

Women 7:00 AM - 7:45 AM

Lanes	# Swimmers
1 NDP	15
2 NDP	15
3 DJO/IND	9/4
4 GC	17
5 RRM	16
6 MDSA	15
7 AHC	14
8 ES/MVP	10/4
9 IRETN	19
Well	
1 JP/SST	9/5
2 SJC/SMHS/BW	9/5/1
3 BMCD/ASH	6/5
4 SMGHS/SPPHS/AOSE	6/4/2

Sprint and Pace Lanes 7:45 AM - 8:15 AM

Men 12:30 PM - 1:15 PM

Lanes	# Swimmers
1 MP	17
2 CHC/ACHS	15/1
3 CLSI/SMHS	13/2
4 PREP/BMHS	14/2
5 MSJ/SJC	9/8
6 GONZ	17
7 GONZ/HTSHS	7/12
8 LB/GC	7/13
9 LB	17
Well	
1 IRETN/SPPHS	14/4
2 ASHS/BMCD	7/7
3 DEM/JP	11/4
4 SPP/DJO	13/7

Sprint and Pace Lanes 1:15 PM - 1:45 PM