

WARM-UP SCHEDULE

Coaches of teams sharing lanes are encouraged to work together to arrange warm-ups. The B pool (the half of the competition pool closest to the entrance) will be available throughout the meet for warm-up/warm-down ONLY -- no play time or non-competing siblings or parents. **The recreational pool will not be available for use during this meet.**

Please remember that **coaches are responsible for their swimmers AT ALL TIMES** (includes warm-ups and warm-downs). Start dives and sprints may be started at the discretion of all the coaches in each lane. All unattached swimmers will warm up with their respective teams. Any swimmer participating as unattached who is not affiliated with a team entered in the meet has been assigned to a coach for warm-ups.

Friday Afternoon -- 4:30 - 5:45 p.m.

<u>Lane</u>	<u>Pool A</u>	<u>Pool B</u>
1	GCAT	FINS
2	GCAT	FINS
3	GCAT	FINS
4	SMAC	FINS, BOOM
5	SMAC	CHRS
6	HEAT	GIST
7	UN-TTW	SST
8	UN-TTW, NYST	SST

Saturday Morning – 7:30 am - 8:20 a.m.

<u>Lane</u>	<u>Pool A</u>	<u>Pool B</u>
1	GCAT	FINS
2	GCAT	FINS, NYST
3	GCAT	BOOM
4	GCAT	CHRS
5	SMAC	GIST
6	SMAC	GIST
7	BYST, UN-TTW	SST
8	HEAT, UN-WCST	SST, SBCS

Saturday Afternoon -- Not before 12:30 p.m.

<u>Lane</u>	<u>Pool A</u>	<u>Pool B</u>
1	GCAT	FINS
2	GCAT	FINS
3	GCAT	FINS, BOOM
4	GCAT, BYST	CHRS
5	SBCS	NYST, UN-WCST
6	SBCS, SMAC	GIST
7	HEAT	SST
8	HEAT, UN-TTW	SST, UN-DuBose

Sunday Morning – 7:30 am - 8:20 a.m.

<u>Lane</u>	<u>Pool A</u>	<u>Pool B</u>
1	GCAT	FINS
2	GCAT	FINS, HEAT
3	GCAT	SMAC
4	GCAT	SMAC
5	GCAT	GIST, SBCS
6	BOOM	GIST
7	UN-TTW	SST
8	CHRS, UN-WCST	SST, NYST

Sunday Afternoon -- Not before 12:30 p.m.

<u>Lane</u>	<u>Pool A</u>	<u>Pool B</u>
1	GCAT	FINS
2	GCAT	FINS
3	GCAT	FINS
4	GCAT, SBCS	CHRS
5	SMAC	UN-TTW
6	BOOM, BYST	GIST
7	HEAT	SST
8	HEAT, UN-WCST	SST, UN-DuBose