

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	not assigned
2	GCAT	TLSC
3	GCAT	SBCS
4	GCAT	HCAT
5	not assigned	not assigned
6	FINS	GIST
7	FINS	SST
8	FINS	SST, Unat-TTW

Saturday Morning – 8:00 am - 8:50 a.m.

<u>Lane</u>	<u>Pool A</u>	<u>Pool B</u>
1	GCAT	JDST
2	GCAT	CAD
3	GCAT	SBCS
4	GCAT	HCAT, Unat-TTW
5	GCAT	BYST
6	FINS	GIST
7	FINS	SST
8	FINS	SST

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

<u>Lane</u>	<u>Pool A</u>	<u>Pool B</u>
1	GCAT	JDST
2	GCAT	SBCS
3	GCAT	BYST
4	GCAT	BYST, Unat-TTW
5	CAD, HCAT	GIST
6	FINS	GIST, TLSC
7	FINS	SST
8	FINS	SST

Sunday Morning – 9:00 am – 9:50 a.m.

<u>Lane</u>	<u>Pool A</u>	<u>Pool B</u>
1	GCAT	JDST
2	GCAT	Unat-TTW
3	GCAT	SBCS
4	GCAT	HCAT
5	CAD	BYST
6	FINS	GIST
7	FINS	SST
8	FINS	SST

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

<u>Lane</u>	<u>Pool A</u>	<u>Pool B</u>
1	GCAT	JDST, TLSC
2	GCAT	SBCS, Unat-TTW
3	GCAT	BYST
4	GCAT	CAD, HCAT
5	GCAT	GIST
6	FINS	GIST
7	FINS	SST
8	FINS	SST