

PRINCETON SW CLASSIC

WARM-UP SCHEDULE SATURDAY (1/19)

SESSION # 1 – 25 MINUTES

<u>LANE</u>	<u>TEAM</u>	<u>TIME</u>
1 – 4	PRINCETON (17)	7:00 AM – 7:25 AM
5 – 6	NORWOOD (14)	7:00 AM – 7:25 AM
7 – 8	ST. BERNARD (11)	7:00 AM – 7:25 AM

SESSION # 2 – 25 MINUTES

<u>LANE</u>	<u>TEAM</u>	<u>TIME</u>
1 – 4	SUMMIT COUNTRY DAY (35)	7:25 AM – 7:50 AM
5 – 8	INDIAN HILL (39)	7:25 AM – 7:50 AM

SESSION # 3 – 25 MINUTES

1 – 3	LAKOTA EAST (33)	7:50 AM – 8:15 AM
4 – 6	LAKOTA WEST (34)	7:50 AM – 8:15 AM
7 – 8	MADEIRA (22)	7:50 AM – 8:15 AM

SESSION # 4 – 25 MINUTES

<u>LANE</u>	<u>TEAM</u>	<u>TIME</u>
1 – 4	LOVELAND (30)	8:15 AM – 8:40 AM
4 – 8	ANDERSON / BETEL TATE (36/2)	8:15 AM – 8:40 AM

SESSION # 5 – 15 MINUTES

<u>LANES</u>	1 – 2 – 3 – 4 – 5 – 6 ONE WAY SPRINTS	8:40 AM – 8:55 AM
<u>LANES</u>	7 – 8 OPEN WARM-UP LANES	8:40 AM – 8:55 AM

NATIONAL ANTHEM @ 8:55 AM / MEET STARTS @ 9:00 AM

10:00 MINUTE BREAK AFTER EVENT # 110 & # 122 ON SATURDAY - POOL OPEN
NO BLOCKS / NO DIVING IN

5:00 MINUTE BREAK AFTER EVENT # 124 ON SATURDAY - POOL CLOSED

PRINCETON SW CLASSIC

WARM-UP SCHEDULE SUNDAY (1/20)

SESSION # 1 – 25 MINUTES

<u>LANE</u>	<u>TEAM</u>	<u>TIME</u>
1 – 4	PRINCETON (17)	9:00 AM – 9:25 AM
5 – 6	NORWOOD (14)	9:00 AM – 9:25 AM
7 – 8	ST. BERNARD (11)	9:00 AM – 9:25 AM

SESSION # 2 – 25 MINUTES

<u>LANE</u>	<u>TEAM</u>	<u>TIME</u>
1 – 4	SUMMIT COUNTRY DAY (35)	9:25 AM – 9:50 AM
5 – 8	INDIAN HILL (39)	9:25 AM – 9:50 AM

SESSION # 3 – 25 MINUTES

1 – 3	LAKOTA EAST (33)	9:50 AM – 10:15 AM
4 – 6	LAKOTA WEST (34)	9:50 AM – 10:15 AM
7 – 8	MADEIRA (22)	9:50 AM – 10:15 AM

SESSION # 4 – 25 MINUTES

<u>LANE</u>	<u>TEAM</u>	<u>TIME</u>
1 – 4	LOVELAND (30)	10:15 AM – 10:40 AM
4 – 8	ANDERSON / BETEL TATE (36/2)	10:15 AM – 10:40 AM

SESSION # 5 – 15 MINUTES

<u>LANES</u>	1 – 2 – 3 – 4 – 5 – 6 ONE WAY SPRINTS	10:40 AM – 10:55 AM
<u>LANES</u>	7 – 8 OPEN WARM-UP LANES	10:40 AM – 10:55 AM

NATIONAL ANTHEM @ 10:55 AM / MEET STARTS @ 11:00 AM

10:00 MINUTE BREAK AFTER EVENT # 212 & # 218 ON SUNDAY - POOL OPEN
NO BLOCKS / NO DIVING IN

5:00 MINUTE BREAK AFTER EVENT # 220 ON SUNDAY - POOL CLOSED