

2024 Trotwood Sectional Warm ups

All swimmers enter and exit through locker rooms.

Feet first entry for warm ups. Coaches control their lanes for one-way sprints.

Building Open 4:30 PM
Coaches Meeting 6:05 PM
Timers Meeting 6:10 PM
Anthem 6:25 PM
Meet Start 6:30 PM

Boys D1 & D2

Fri 2/9 D1 & D2 Boys		1	2	3	4	5	6	7	8
	5:00 - 5:20	TMA/DCW	GRE	TRO	TRO	VANB	VANB	BRVL	BRVL
	5:20 - 5:40	CNM	PIQ	TCT	SID	VERS	VERS	TCB	CSME
	5:40 - 6:00	BBL	BBL	BELF	BELF	LIL	ANS/ ARN	BOT	Open

Building Open 9:00 AM
Coaches Meeting 10:35 AM
Timers Meeting 10:40 AM
Anthem 10:55 AM
Meet Start 11:00 AM

Girls D1 & D2

Sat 2/10 D1 & D2 Girls		1	2	3	4	5	6	7	8
	9:30 - 9:50	GRE	GRE	TRO	TRO	VANB	VANB	BRVL	BRVL
	9:50 - 10:10	TCT	PIQ	SID	TCB/DSSF	VERS	VERS	CNM	NLD/TMA
	10:10 - 10:30	CSME	BBL	BELF	BELF	EAT/CPS	LIL	BOT	ANS/PFM FLO