

2025 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 2/7	D1 & D2 Boys		1	2	3	4	5	6	7	8
		5:00 - 5:20	TMA	GRE	TRO	TRO	VANB	VANB	CSME	CSME
		5:20 - 5:40	CNM	PIQ	TCT	SID	VERS	VERS	TCB	BRVL
		5:40 - 6:00	BBL	BBL	FRE	BELF	LIL	ANS/ ARN	SPSH	BOT

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