

2018 Illini District Championship Warm Up Assignments

Friday Evening Time Trial - 6:00p Session Start

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Rec Pool 1	Rec Pool 2	Rec Pool 3
Session 1: 5:00-5:25p	SPY	SPY	SPY	SPY	SPY	SPY	SPY/CCY	YDSC/BNY	Open Warm Up		
Session 2: 5:25-5:50p	HEAT	HEAT	HEAT	YDSC	MCDN	KNCY	KNCY/CLY	SAMY/JAXY/QFY	Open Warm Up		

Saturday Morning 10&U Timed Finals - 8:10p Session Start

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Rec Pool 1	Rec Pool 2	Rec Pool 3
Session 1: 7:00-7:20a	SPY	SPY	SPY	SPY	SPY	YDSC	YDSC	YDSC	Open Warm Up		
Session 2: 7:20-7:40a	HEAT	HEAT	HEAT/DOCS	KNCY	KNCY	CLY	CLY/BNY	BNY	Open Warm Up		
Session 3: 7:40-8:00a	JAXY	JAXY/MCDN	DANY	DANY/CANY	SAMY	CCY	CCY/QFY/WCY	WCY	Open Warm Up		

Saturday Afternoon 11&O Timed Finals - 12:30p Session Start

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Rec Pool 1	Rec Pool 2	Rec Pool 3
Session 1: 11:00-11:25a	SPY	SPY	SPY	SPY	SPY	SPY	SPY	CCY	SPY	SPY	SPY
Session 2: 11:25-11:50a	KNCY	KNCY	HEAT	HEAT	YDSC	YDSC	WCY	SAMY	KNCY	HEAT	YDSC/WCY
Session 3: 11:50a-12:15p	JAXY/DOCS	DANY	BNY	CANY	CLY	MCDN	MCDN/QFY	QFY	CANY	CLY	Open
Session 4: 12:15-12:25p	Sprints	Sprints	Sprints	General Warm Up		Sprints	Sprints	Sprints	Open Warm Up		

Sunday AM 10&U Timed Finals - 8:10 AM Session Start

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Rec Pool 1	Rec Pool 2	Rec Pool 3
Session 1: 7:00-7:20a	SPY	SPY	SPY	SPY	SPY	YDSC	YDSC	YDSC	Open Warm Up		
Session 2: 7:20-7:40a	HEAT	HEAT	HEAT/DOCS	KNCY	KNCY	CLY	CLY/BNY	BNY	Open Warm Up		
Session 3: 7:40-8:00a	JAXY	JAXY/MCDN	DANY	DANY/CANY	SAMY	CCY	CCY/QFY/WCY	WCY	Open Warm Up		

Sunday PM 11&O Timed Finals - 12:30p Session Start

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Rec Pool 1	Rec Pool 2	Rec Pool 3
Session 1: 11:00-11:25a	SPY	SPY	SPY	SPY	SPY	SPY	SPY	CCY	SPY	SPY	SPY
Session 2: 11:25-11:50a	KNCY	KNCY	KNCY/HEAT	HEAT	HEAT	YDSC	YDSC	WCY	KNCY	HEAT	YDSC/WCY
Session 3: 11:50a-12:15p	JAXY/DOCS	DANY	BNY	CANY	CLY	MCDN	QFY	SAMY	CANY	CLY	MCDN/QFY
Session 4: 12:15-12:25p	Sprints	Sprints	Sprints	General Warm Up		Sprints	Sprints	Sprints	Open Warm Up		

Note: All swimmers should enter the water feet first.