

# 2025 Chicago Suburban District & Jr District Championship

## Warm-up and Timer Assignments

### Girl's Warm-ups

7:45 - 8:10

|                  | Lane 1 | Lane 2      | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|------------------|--------|-------------|--------|--------|--------|--------|--------|--------|
| Competition Pool | SAGE   | SAGE        | SAGE   | SAGE   | TOPS   | TOPS   | IRVP   | IRVP   |
| Warm-up Pool     | FA     | FA/<br>PALA | PALA   | HLYS   | HLYS   | HLYS   |        |        |

8:10 - 8:35

|                  |      |      |      |      |      |      |     |       |
|------------------|------|------|------|------|------|------|-----|-------|
| Competition Pool | MYST | MYST | MYST | MYST | MYST | PAV  | PAV | ILMCC |
| Warm-up Pool     | JETS | JETS | JETS | JETS | JETS | JETS |     |       |

8:35 - 8:45

|                  |                       |                       |                       |                       |                       |                       |                       |                    |
|------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------|
| Competition Pool | One<br>Way<br>Sprints | One<br>Way<br>Sprints | One<br>Way<br>Sprints | One<br>Way<br>Sprints | One<br>Way<br>Sprints | One<br>Way<br>Sprints | One<br>Way<br>Sprints | One Way<br>Sprints |
|------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------|

### Boy's Warm-ups

1:45-2:10

| Boy's Warm-ups   | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8         |
|------------------|--------|--------|--------|--------|--------|--------|--------|----------------|
| Competition Pool | JETS   | JETS   | JETS   | JETS   | JETS   | JETS   | JETS   | JETS           |
| Warm-up Pool     | MYST   | MYST   | MYST   | MYST   | MYST   | TOPS   | FA     | ILMCC/<br>PALA |

2:10 - 2:35

|                  |      |      |      |      |      |      |  |  |
|------------------|------|------|------|------|------|------|--|--|
| Competition Pool | IRVP | IRVP | IRVP | HLYS | HLYS | HLYS |  |  |
| Warm-up Pool     | SAGE | SAGE | SAGE | SAGE | SAGE | PAV  |  |  |

2:35 - 2:45

|                     |                    |                       |                       |                       |                       |                       |                       |                    |
|---------------------|--------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------|
| Competition<br>Pool | One Way<br>Sprints | One<br>Way<br>Sprints | One<br>Way<br>Sprints | One<br>Way<br>Sprints | One<br>Way<br>Sprints | One<br>Way<br>Sprints | One<br>Way<br>Sprints | One Way<br>Sprints |
|---------------------|--------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------|

### Timers

|               |         |      |      |      |      |      |      |      |
|---------------|---------|------|------|------|------|------|------|------|
| Girl's Timers | IRVP/FY | JETS | JETS | JETS | MYST | MYST | SAGE | TOPS |
|---------------|---------|------|------|------|------|------|------|------|

|              |      |      |      |      |      |      |      |      |
|--------------|------|------|------|------|------|------|------|------|
| Boy's Timers | JETS | JETS | JETS | JETS | MYST | MYST | SAGE | IRVP |
|--------------|------|------|------|------|------|------|------|------|