

## WARM UPS

**11:50am - 12:10pm**

Baltimore JCC Seniors/Age Group

**12:10pm-12:30 pm**

Allentown JCC- Lanes 1 and 2

Delaware JCC-Lanes 3-6

**12:30pm-12:50pm**

Baltimore JCC Juniors and Minis Lanes 1-3

FMSC Lanes 4 and 5

Open-Lane 6

**\*\*Please note that lane 6 will be open for continuous warm up and warm down/swimmers should enter feet first at the shallow end\*\***