

## PENGUIN PLUNGE WARMUP TIMES

### *SUNDAY MORNING - 11 & Older Swimmers (and some 10 & Unders)*

| Warmup Time  | Lane 1 | Lane 2       | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8   |
|--------------|--------|--------------|--------|--------|--------|--------|--------|----------|
| 7:20-7:40 am | LTPY   | LTPY         | LTPY   | LTPY   | LTPY   | LTPY   | LTPY   | LTPY     |
| 7:40-8:10 am | DRY    | DRY          | DRY    | DRY    | DRY    | HURY   | HURY   | HURY     |
| 8:10-8:30 am | PICY   | MYST/CHY/GCY | LYST   | LYST   | LYST   | FYF    | GYG    | LYSC/BHY |
| 8:30-8:50 am | MCY    | MCY          | MCY    | MCY    | MCFY   | PCYP   | RCY    | LCFY     |

Meet start 9:00 am / Approximate end  
12:52 pm

### *SUNDAY AFTERNOON - 10 & Under Swimmers*

| Warmup Time  | Lane 1 | Lane 2    | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8   |
|--------------|--------|-----------|--------|--------|--------|--------|--------|----------|
| 1:15-1:35 pm | LTPY   | LTPY      | LTPY   | LTPY   | LTPY   | LTPY   | LTPY   | CHY      |
| 1:35-1:55 pm | DRY    | DRY       | DRY    | DRY    | DRY    | DRY    | MCY    | MCY      |
| 1:55-2:15 pm | HURY   | HURY      | HURY   | LYST   | LYST   | LYST   | FYF    | FYF/LYSC |
| 2:15-2:35 pm | GCY    | MYST/PICY | BHY    | GYG    | MCFY   | PCYP   | RCY    | LCFY     |

Meet start 2:45 pm / Approximate end  
5:41 pm