

WARM UP SCHEDULE

April 11th 50 Freestyle Shootout				Meet Starts 6:15pm 1 way sprints 5:45-6:05 pm			
Warm Up Session #1				4:30-4:55pm			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BISON	BISON	BISON	BISON	BISON	BISON	BISON	BISON
Warm Up Session #2				4:55-5:20pm			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
KMS	LIFE	AESC	AESC	AESC	AESC	AESC	AESC
Warm Up Session #3				5:20-5:45pm			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
UN-Miller	FNW	FNW	DERBY	WEST	VORT	OPEN	OPEN

April 12th 12 & U session				Meet Starts 9:00am 1 way sprints 8:35-8:50am			
Warm Up Session #1				7:45- 8:10am			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BISON	BISON	BISON	BISON	DERBY	FNW	GASC	LIFE
Warm Up Session #2				8:10-8:35am			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
OPEN	WEST	WEST	VORT	AESC	AESC	AESC	AESC

April 12th 13 & over session				Meet Starts 3:00pm** 1 way sprints 2:30-2:50pm			
Warm Up Session #1				1:30-2:00pm			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
BISON	BISON	BISON	BISON	DERBY	FNW	WEST	GASC
Warm Up Session #2				2:00-2:30pm			
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
UN-Miller	Un-Van Jaarsveld	SASC	VORT	LIFE	AESC	AESC	AESC
**LEISURE POOL WILL OPEN AT 3:00PM FOR GENERAL WARM UP/COOL DOWN THROUGH END OF MEET							