



Warmup Assignments

Friday PM (5:00 pm Meet Start)

Warmups: 4:00-4:45 pm:

NORTH POOL:

1	2	3	4	5	6	7	8
METS	METS	METS	JETS	JETS	SALU	SALU	SALU

SOUTH POOL:

1	2	3	4	5	6	7	8
PKWY	PKWY	PKWY	PKWY	PKWY	PKWY	PKWY	SST

Saturday/Sunday AM (Prelims) (8:00 am Meet Start)

1st Warmup: 7:00-7:25 am:

NORTH POOL:

1	2	3	4	5	6	7	8
PKWY	PKWY	PKWY	PKWY	METS	METS	METS	METS

SOUTH POOL:

1	2	3	4	5	6	7	8
PKWY	PKWY	PKWY	PKWY	PKWY	PKWY	PKWY	PKWY

2nd Warmup: 7:25-7:50 am:

NORTH POOL:

1	2	3	4	5	6	7	8
SALU	SALU	SALU	SALU	SALU	JETS	JETS	JETS

SOUTH POOL:

1	2	3	4	5	6	7	8
SST	SST	SST	LOVE	SEA	METS (11-12)	METS (11-12)	METS (11-12)

Saturday/Sunday Afternoon (10&U) (Not before 1:00 pm Meet Start)

Warmup: Not before 12:15-12:45 pm:

NORTH POOL:

1	2	3	4	5	6	7	8
METS	METS	METS	METS	METS	SST	SST	JETS

SOUTH POOL:

1	2	3	4	5	6	7	8
PKWY	PKWY	PKWY	PKWY	PKWY	SALU	SALU	LOV2