

2024 ALL STAR Warm-up Schedule July 20th 2024

6:45 am - 7 am:

Lane 1 - Arapahoe Lake
Lane 2 - Castle Pines Cross
Lane 3 - Tallyns Reach
Lane 4- Cook Creek
Lane 5 - Castle Rock East
Lane 6 - Castle Rock West
Indoor Lane 1 – Dam West
Indoor Lane 2 – Lifetime Lightning Bolts

7 am - 7:15 am:

Lane 1 - Wheatlands
Lane 2 - Wheatlands
Lane 3 - Clarke Farms
Lane 4 - Hills West
Lane 5 - Smoky Hill
Lane 6 - Smoky Hill
Indoor Lane 1 – CAC Monaco
Indoor Lane 2 – late comers and/overflow

7:15 am - 7:30 am:

Lane 1 - Stroh Ranch Anthology
Lane 2 - Stroh Ranch Anthology
Lane 3 - Wildcat Ridge
Lane 4 - Castle Pines Village
Lane 5 - Holly Park
Lane 6 - Willow Creek I
Indoor Lane 1 Foxridge
Indoor Lane 2 Willow Creek III

7:30 am - 7:45 am:

Lane 1 - Southglenn Country Club
Lane 2 – Canterbury
Lane 3 - Piney Creek
Lane 4 - Piney Creek
Lane 5 - Late comers from A
Lane 6 - late comers from B
Indoor Lane 1 - late comers from C
Indoor Lane 2 - late comers from D

7:45 am – 7:55 am: One way starts

Divisions A Lanes 1 & 2
Division B Lanes 3 & 4
Division C Lane 5
Division D Lane 6

The pool will be cleared at 7:55

Remember to watch the first call/last call numbers closely,
there are no relays or 6 & under events

Order of events:

1 – 4, 17 – 36, 39 – 48, 51 – 80

Thank you for your patience and cooperation.

GOOD LUCK SWIMMERS!