

2019 West District Warm Up Schedule	Session 1- 7:00-7:20	Session 1- 1:15-1:35	Session 1- 7:00-7:20	Session 1- 1:15-1:35
	Session 2- 7:20-7:40	Session 2- 1:35-1:55	Session 2- 7:20-7:40	Session 2- 1:35-1:55
	Session 3- 7:40-8:00	Session 3- 1:55-2:15	Session 3- 7:40-8:00	Session 3- 1:55-2:15
	One Way Starts- 8:00-8:15	One Way Starts- 2:15-2:30	One Way Starts- 8:00-8:15	One Way Starts- 2:15-2:30
	SATURDAY AM	SATURDAY PM	SUNDAY AM	SUNDAY PM
Allegheny Valley	Session 2- Lane 5	Session 3- Lane 9	Session 3- Lane 9	Session 2- Lane 8
Baierl Family			Session 3- Lane 1	Session 1- Lane 4
Blair Regional	Session 2- Lane 6	Session 2- Lane 0 & 1	Session 3- Lane 4	Session 1- Lane 5 & 6
Bradford	Session 1- lane 2	Session 1- Lane 3	Session 3- Lane 3	Session 3- Lane 9
Brookville	Session 3- Lane 2	Session 1- Lane 1	Session 1- Lane 6	Session 3- Lane 5
Butler	Session 1- lane 1 & 0	Session 1- Lane 0 & 1	Session 1- Lane 0	Session 1- Lane 0 & 1
Clearfield	Session 2- Lane 4 & 5	Session 1- Lane 5	Session 3- Lane 1	Session 2- Lane 6
Corry	Session 1- lane 2	Session 3- Lane 6	Session 2- Lane 8	Session 3- lane 2
County	Session 1- lane 1	Session 1- Lane 6	Session 3- Lane 2 & 3	Session 3- Lane 1
DuBois	Session 2- Lane 9	Session 2- Lane 7 & 8	Session 1- Lane 5	Session 3- Lane 5
Eastside	Session 1- Lane 4	Session 1- Lane 8	Session 3- Lane 8	Session 2- Lane 7 & 8
Franklin	Session 3- Lane 1	Session 1- Lane 9	Session 3- Lane 9	Session 3- Lane 7
GJY	Session 3- Lane 4	Session 3- Lane 7	Session 3- Lane 2	Session 3- Lane 6
Greensburg	Session 2- Lane 0 & 1	Session 1 – Lane 7 & 8	Session 3- Lane 0 & 1	Session 2- Lane 4 & 5
Grove City	Session 1- Lane 6	Session 3- Lane 8	Session 3- Lane 8	Session 3- Lane 4
Indiana	Session 3- Lane 5	Session 2- Lane 2 & 3	Session 1- Lane 1,2, &3	Session 1- Lane 8 & 9
Jamestown	Session 3- Lane 3	Session 1- Lane 4	Session 3- Lane 7	Session 2- Lane 9
Ligonier Valley	Session 1- Lane 8	Session 1- Lane 6	Session 3- Lane 5	Session 3- Lane 4
Meadville	Session 3- Lane 6	Session 2- Lane 8	Session 1- Lane 4	Session 3- Lane 0 & 1
Mon Valley	Session 2- Lane 8		Session 1- Lane 3	Session 2- Lane 5
New Castle	Session – Lane 0 & 1	Session 2- Lane 9	Session 2- Lane 6	Session 1- Lane 7
Oil City	Session 1- Lane 7 & 8	Session 3- Lane 3 & 4	Session 2- Lane 4	Session 2- Lane 1
Richard G. Snyder	Session 1- Lane 3 & 4	Session 1- Lane 2	Session 2- Lane 0 &1	Session 2- Lane 0 & 1
Ridgway	Session 2- Lane 3	Session 3 – Lane 4	Session 2- Lane 3	Session 1- Lane 6
Rose E. Schneider	Session 2- Lane 2 & 3	Session 1- Lane 4	Session 3- Lane 6	Session 3- Lane 3
Sampson	Session 3- Lane 7	Session 3- Lane 0 & 1	Session 1- Lane 7,8 &9	Session 1- Lane 3 & 4
Sewickley			Session 2- Lane 5	Session 2- Lane 2
Shenango Valley	Session 1- Lane 5	Session 2- Lane 6		Session 3- Lane 8
Thelma Lovette	Session 2- Lane 1		Session 3- Lane 9	Session 3- Lane 9
Titusville	Session 1- Lane 9	Session 3- Lane 2	Session 2- Lane 7 &8	Session 1- Lane 2
Uniontown	Session 2- Lane 7 & 8	Session 2- Lane 4 & 5	Session 2- Lane 2 & 3	Session 2- Lane 3
Warren	Session 3- Lane 8	Session 3- Lane 5 & 6	Session 1- Lane 5	Session 2- Lane 6

Friday night 13-14 & 15 & Over Distance will be open warm ups in lanes 0-5- Lanes 6-9 will be open for continuous one way starts. All warmups will be swum in the deep end of the pool. The doors to the third pool, adjacent to the main pool will remain locked throughout all sessions and it will not be used.