**2019 TRI COUNTY WARM UP SCHEDULE**

**Saturday AM**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **LANE 1** | **LANE 2** | **LANE 3** | **LANE 4** | **LANE 5** | **LANE 6** |
| 6:30 – 6:42 | GB | GP | GF | GF | BF | BR |
| 6:42 – 6:54 | WS | OO | HA | CB | HG | HG |
| 6:54 – 7:06 | WO | TH | DF + RT | WL | KE + CH | WC |
| 7:06 – 7:18 | WG | WG | ER | ER | FH | CV |
| 7:18 – 7:30 | ST | VS | WB | CR | WD | WD |
| 7:30 – 7:42 | SB | SB | PO | PO | PR | PR |
| 7:42 – 7:54 | TC | GT | WE | WE | DB | DB |
|  |  |  |  |  |  |  |

**Saturday PM**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **LANE1** | **LANE 2** | **LANE 3** | **LANE 4** | **LANE 5** | **LANE 6** |
| 1:00 –1:11 | CV | BF | GF | GF | SB | SB |
| 1:11 -1:22 | HA | TC | TC | WG | WG | GB |
| 1:22-1:33 | OO | OO | KE + CH | TH | WB | WL |
| 1:33-1:44 | GP | GP | CB | CR | FH | GT+WS |
| 1:44-1:55 | BR | BR | WD | WD | PR | PR |
| 1:55-2:06 | DF | VS | WC | WC | ST | RT |
| 2:06-2:17 | WO | WO | HG | HG | PO | PO |
| 2:17-2:28 | ER | ER | DB | DB | WE | WE |
|  |  |  |  |  |  |  |

**SUNDAY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **LANE 1** | **LANE 2** | **LANE 3** | **LANE 4** | **LANE 5** | **LANE 6** |
| 9:00-9:13 | TH+DF | CV + GT | PR | PR | WO | WO |
| 9:13-9:26 | FH | HA+WB | SB | SB | WD | WD |
| 9:26-9:39 | GP | GP | HG | HG | TC | WS+CR+RT+KE |
| 9:39-9:52 | ER | ER | GF | GF | WE | WE |
| 9:52-10:05 | WC | WC | ST | PO | PO | GB+CH |
| 10:05-10:18 | WG | WG | DB | DB | BR | BR |
| 10:18-10:31 | WL | VS+BF | CB | CB | OO | OO |
|  |  |  |  |  |  |  |

1) Warm up in assigned team lane(s) only.

2) Teams must be supervised by a coach during the entire warm up.

3) The last few minutes of each team’s warm up may be used for sprints, off the block/backstroke starts and relay exchanges, in the assigned lane(s), while coach supervised. A ‘feet first’ entry must be used at all other times during the team’s warm up. 7/16/19