

2021 TriCounty Warm Up Schedule

Session 1 - 8 and Unders

TIME		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
7:00 - 7:15		WB/RT	WO	DB	PR	PO	TC/CH
7:15 - 7:30		WS	ST	SB	FH	CV	HA
7:30 - 7:45		CB	WE	WD	WL	WC	VS
7:45 - 8:00		HG	WG	ER	OO	GB	GP
8:00 - 8:15		CR/BF	BR	TH		GF	GT/DF

Session 2- 9 AND 10

TIME		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
11:00 - 11:15		WB/RT	WO	DB	PR	PO	TC/CH
11:15-11:30		WS	ST	SB	FH	CV	HA
11:30-11:45		CB	WE	WD	WL	WC	VS
11:45-12:00		HG	WG	ER	OO	GB	GP
12:00-12:15		CR/BF	BR	TH		GF	GT/DF

Session 3 - 11 AND 12

TIME		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
3:15-3:30		WB/RT	WO	DB	PR	PO	TC/CH
3:30-3:45		WS	ST	SB	FH	CV	HA
3:45-4:00		CB	WE	WD	WL	WC	VS
4:00-4:15		HG	WG	ER	OO	GB	GP
4:15-4:30		CR/BF	BR	TH		GF	GT/DF

Session 4 - 13 AND 14

TIME		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
8:00-8:15		WB/RT	WO	DB	PR	PO	TC/CH
8:15-8:30		WS	ST	SB	FH	CV	HA
8:30-8:45		CB	WE	WD	WL	WC	VS
8:45-9:00		HG	WG	ER	OO	GB	GP
9:00-9:15		CR/BF	BR	TH		GF	GT/DF

Session 5 - 15 AND OVER

TIME		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
12:45-1:00		WB/RT	WO	DB	PR	PO	TC/CH
1:00-1:15		WS	ST	SB	FH	CV	HA
1:15-1:30		CB	WE	WD	WL	WC	VS
1:30-1:45		HG	WG	ER	OO	GB	GP
1:45-2:00		CR/BF	BR	TH		GF	GT/DF

- 1) Warm up in assigned lane 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