

PM 14&U JO Qualifier

Warm-up Assignments

We will run 3 x 20 min sessions both days...same schedule each day

Session 1: 6:30-6:50

PM in whole pool (11 lanes)

Session 2: 6:50-7:10:

AAC in lanes 1-6

ASA in lanes 7-11

Session 3: 7:10-7:30:

CSC in lanes 1-3

Dragon in lane 4

MOON in lane 5

Toll in lane 6

JFD in lanes 7-10

PM in Lane 11

Meet starts at 7:40

** At the end of your warm-up time, Please have your team exit the pool **at the turning end of the pool** so the next group of teams can be behind the blocks and not have it get over crowded at the start end.

** To be courteous to the teams warming up after you, please be out of the water on time.