

**Warm - up Schedule 12 & Under Silver / Bronze Championships Region D
at John Witherspoon Pool**

Saturday session (1) 10 & Under, 3-20 min. warm-ups

Session starts at 8:05 am (building opens @ 6:45 am)

| 1st w-up 7:00 to 7:20 am | | 2nd w-up 7:20-7:40 am | | 3rd w-up 7:40-8:00 am | |
|--------------------------|-------|-----------------------|-------|-----------------------|-------|
| Team | Lanes | Team | Lanes | Team | Lanes |
| PPST | 1,2 | MB | 1,2,3 | TAC | 1,2,3 |
| NJRC | 3,4,5 | PAA | 4,5,6 | CJAC | 4 |
| PTAC | 6,7 | SWAC | 7 | XCEL | 5,6 |
| BGH | 8 | PFY,HACY,MEY | 8 | SRAY | 7 |
| | | | | EEX | 8 |

Saturday session (2) 10 & Under 500 Free

Warm-up will start at the conclusion of the 10 & under session,
around 10:50 am. Session starts 15 min after the start of the warm-up.

Saturday session (3) 8 & Under, 2-20 min. warm-up

Session starts at 12:15 pm

| 1st w-up 11:30am-11:50pm | | 2nd w-up 11:50 am-12:10pm | | | |
|--------------------------|-------|---------------------------|-------|-------------|-------|
| Team | Lanes | Team | Lanes | Team | Lanes |
| PPST | 1 | MB | 1,2 | SWAC | 6 |
| NJRC | 2,3 | MEY | 3 | EEX & PFY | 7 |
| TAC | 4,5,6 | PTAC | 4 | XCEL & CJAC | 8 |
| BGH | 7 | SRAY | 5 | | |
| PAA | 8 | | | | |

Saturday session (4) 11-12's, 3-25 min. warm-ups

Session starts at 3:20pm

| 1st w-up 2:00 to 2:25 pm | | 2nd w-up 2:25-2:50 pm | | 3rd w-up 2:50-3:15 pm | |
|--------------------------|-------|-----------------------|-------|-----------------------|-------|
| Team | Lanes | Team | Lanes | Team | Lanes |
| PPST | 1,2 | MB | 1,2,3 | NJRC | 1,2,3 |
| SRAY | 3 | PAA | 4,5 | PTAC | 4,5 |
| TAC | 4,5 | CJAC | 6,7 | MEY | 6 |
| XCEL | 6,7 | EEX | 8 | PFY | 7 |
| BGH | 8 | | | HACY & SWAC | 8 |

Saturday session (5) 11-12 1000 Free

Warm-up will start at the conclusion of the 11-12 session, around
8:30 pm. Session starts 15 min after the start of the warm-up.

Sunday session (6) 10 & Under, 3-20 min. warm-ups

Session starts at 9:05 am (building opens @ 7:45 am)

| 1st w-up 8:00 to 8:20 am | | 2nd w-up 8:20-8:40 am | | 3rd w-up 8:40-9:00 am | |
|--------------------------|-------|-----------------------|-------|-----------------------|-------|
| Team | Lanes | Team | Lanes | Team | Lanes |
| PPST | 1,2 | PTAC | 1,2,3 | TAC | 1,2,3 |
| NJRC | 3,4,5 | PAA | 4,5,6 | CJAC | 4 |
| MB | 6,7 | SWAC | 7 | XCEL | 5,6 |
| BGH & HACY | 8 | PFY & MEY | 8 | SRAY | 7 |
| | | | | EEX | 8 |
| | | | | | |

Sunday session (7) 11-12's, 3-25 min. warm-ups

Session starts at 1:40 pm

| 1st w-up 12:20 to 12:45 pm | | 2nd w-up 12:45-1:10 pm | | 3rd w-up 1:10-1:35 pm | |
|----------------------------|-------|------------------------|-------|-----------------------|-------|
| Team | Lanes | Team | Lanes | Team | Lanes |
| PPST | 1,2 | MB | 1,2,3 | NJRC | 1,2,3 |
| SRAY | 3 | PAA | 4,5 | PTAC | 4,5 |
| TAC | 4,5 | CJAC | 6,7 | MEY | 6 |
| XCEL | 6,7 | EEX | 8 | PFY | 7 |
| BGH | 8 | | | HACY & SWAC | 8 |

Sunday session (8) 11-12 1650 Free

Warm-up will start at the conclusion of the 11-12 session, around 6:15 pm. Session starts 15 min after the start of the warm-up.