

## 2A Warm ups for Prelims (See below for open warm up plan for finals)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	
8:00-8:25	NANDU (9)	CHINC (1) ARCAD (1) GMT (4)	GMT (8)	GHS! (8)	GHS! (8)	GHS! (5) APPO (3)	APPO (8)	TAZ (7) GHS (2)	RHS (8)	RHS (8)	
8:25-8:50	VHS (9)	VHS (9)	BHS (9)	BHS (6) CCHS (3)	CCHS (9)	CCHS (9)	CHS (9)	MCHS (9)	MWGS (8)	MWGS (8)	
8:50-9:05	STARTS	STARTS	STARTS	STARTS	STARTS	STARTS	STARTS	STARTS	CLOSED	OPEN-NO DIVING	
	Lane 11	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19	Lane 20	
8:00-8:30	JRHS (5) RHS (3)	GWHS (8) FCHS (1) RRHS (1)	WCHS (5) RCHS (1) UCHS (1)	GMHS (9)	GMHS (9)	GMHS (1) ERHS (7)	CENW (8)	CENW (4) PH (3)	PH (8)	OPEN	
8:30-9:00	MWGS (8)	MWGS (7)	MARION (8)	MARION (8)	MHS (8)	SHS (8)	SHS (3) SJHS (5)	PECH (8)	PECH (3) GHS# (3)	GHS# (8)	
8:50-9:05	OPEN-NO DIVING	OPEN-NO DIVING	OPEN-NO DIVING	OPEN-NO DIVING	OPEN-NO DIVING	OPEN-NO DIVING	OPEN-NO DIVING	OPEN-NO DIVING	OPEN-NO DIVING	OPEN-NO DIVING	

### Warm up reminders for Prelims:

- Please use your assigned time and lane(s).
- All swimmers should enter from the start end of the pool.
- All swimmers need to enter feet first.
- Swimmers should not hang on lane lines.
- One way starts are allowed during your assigned warm up time. If you are sharing a lane, please make sure that all coaches are in agreement about when to start. Please make sure swimmers swim in one direction, get out and walk back around. No relay starts during warm ups.
- 8:50 – 9:05AM All lanes in the main competition pool (Lanes 1 – 8) will be for dive starts. Lanes 10-20 will remain open for general warm up no diving. Lane 9 will be closed.

### Warm ups for Finals:

- 2A Competition pool is open warm ups from 5:00-5:45PM and from 5:45-6:00PM specifics (Lane 1 and 8 pace, Lanes 2,3,4,6, and 7 are sprint. Lane 5 will stay general). All other lanes will be open warm up during warm ups and the meet.