

Warm Up Schedule

16:15 - 16:28	Lanes 1-2	400 IM swimmers
	Lanes 3-6	Girls age 8, 9 and 10 years
16:28 - 16:41	Lanes 1-6	Girls age 11 and over
16:41 - 16:54	Lanes 1-3	Boys age 8-12 years
	Lanes 4-6	Boys age 13 and over