

SOUTH DISTRICT CHAMPIONSHIPS

WARM-UP SCHEDULE SESSION 5

SUNDAY MARCH 9

13-14 & 15-18

STARTING BLOCKS

0	1	2	3	4	5	6	7	8	9	10		11	12		13	14	15
Pace Lane - Diving Board End	CATY I	CATY I	CATY I	CATY I	TCY I	TCY I	TCY I	TCY I	ONE WAY SPRINTS	ONE WAY SPRINTS	* * * BULKHEAD	FCY I	FCY I	* * * BULKHEAD	CECY I	CECY I	TY I
	SPY II	SPY II	SPY II	SPY II	SPY II	SPY II	HCY II	HCY II				CUY II	CUY II		YSSP/ CCY/ SFY II	CDEL II	CDEL II
	BRY III	BRY III	BRY III	BRY III	BRY III	HARY III	HARY III	HAGY III				MDY III	MDY III		MDY III	WEST III	WEST III

SPECTATOR SEATING

*Lane 0 will be a pace lane for swimmers on a coach's watch only.

**Lanes 9 & 10 are intended to be for the teams warming up in the lanes without blocks

Warm-up I	7:30 - 7:55 a.m.
Warm-up II	7:55 - 8:20 a.m.
Warm-up III	8:20 - 8:45 a.m.