

SOUTH DISTRICT CHAMPIONSHIPS

WARM-UP SCHEDULE SESSION 6 SUNDAY MARCH 9 10 & UNDER & 11-12

STARTING BLOCKS

	1	2	3	4	5	6	7	8	9	10		11	12		13	14	15
Pace Lane - Diving Board End	BRY I	BRY I	BRY I	CATY I	CATY I	CATY I	HCY I	HCY I	ONE WAY SPRINTS	ONE WAY SPRINTS	* * * BULKHEAD	CCY I	CCY I	* * * BULKHEAD	CECY I	RY I	YSSP I
	HARY II	HARY II	CDEL II	CDEL II	WEST II	WEST II	CUY II	TY II				TCY II	TCY II		HAGY II	OPEN II	OPEN II
	MDY III	MDY III	MDY III	SPY III	SPY III	SPY III	SPY III	SPY III				SFY III	SFY III		FCY III	FCY III	FCY 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	12:30 - 12:50 p.m.
Warm-up II	12:50 - 1:10 p.m.
Warm-up III	1:10 - 1:30 p.m.