

DISTRICT WARM-UP SCHEDULE - 2008

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| <u>#1</u> - I - 1:00-- 1:20 | <u>#2</u> - 7:15-7:35 | <u>#3</u> - 11:45-12:05 | <u>#4</u> - 1:00-1:15 |
| II - 1:20-- 1:40 | 7:35-7:55 | 12:05-12:20 | 1:15-1:30 |
| III - 1:40-- 2:00 | 7:55-8:15 | 12:20-12:35 | 1:30-1:45 |
| IV - 2:00-- 2:20 | 8:15-8:35 | 12:35-12:55 | 1:45-2:00 |

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| <u>#5</u> - 4:45- 5:00 | <u>#6</u> - 7:15-7:30 | <u>#7</u> - 11:45-12:00 |
| 5:00- 5:15 | 7:30-7:45 | 12:00-12:15 |
| 5:15- 5:30 | 7:45-8:00 | 12:15-12:30 |
| 5:30- 5:45 | 8:00-8:15 | 12:30-12:45 |

- NO DIVING DURING WARM-UPS – FEET FIRST ENTRY.
- MONITORS WILL BE STATIONED AT THE POOL CORNERS TO ENSURE THE SAFETY OF THE SWIMMERS.
- ALL WARM-UPS MUST BE SUPERVISED BY A COACH.

WARM-UP I: OAK SQUARE CAMBRIDGE DANVERS MALDEN
MELROSE NORTH SUBURBAN BURBANK SOMERVILLE

WARM-UP II: ANDOVER CHARLES RIVER METRO WEST
NORTH SHORE WEST ROXBURY WEST SUBURBAN

WARM-UP III: ATTLEBORO HOCKOMOCK LOWELL
MIDDLEBORO MONTACHUSETT OLD COLONY
SOUTH SHORE WALTHAM

WARM-UP IV: **OPEN WARM-UP** -- LANES 1, 2 & 8 -- CIRCLE SWIMMING
LANES 3, 4, 5, 6, 7 -- SPRINT LANES.

POOL WILL BE CLEARED AT:

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| <u>SESSION #1 - 2:20 P.M.</u> | <u>#2 - 8:35 A.M.</u> | <u>#3 - 12:55 P.M.</u> | |
| <u>#4 - 2:00 P.M.</u> | <u>#5 - 5:45 P.M.</u> | <u>#6 - 8:15 A.M.</u> | <u>#7 - 12:45 P.M.</u> |