

**DISTRICT WARM-UP SCHEDULE - 2008**

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

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

- 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    PEABODY    BURBANK    SOMERVILLE**

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

**WARM-UP III:      ATTLEBORO      HOCKOMOCK      LOWELL**  
**HYDE PARK    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:**

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