

**DISTRICT WARM-UP SCHEDULE - 2009**

<b><u>#1</u></b> - I - 7:30-- 7:45	<b><u>#2</u></b> - 1:30-1:45	<b><u>#3</u></b> - 7:30-7:45	<b><u>#4</u></b> - 12:00-12:15
II - 7:45-- 8:00	1:45-2:00	7:45-8:00	12:15-12:30
III - 8:00-- 8:15	2:00-2:15	8:00-8:15	12:30-12:45
IV - 8:15-- 8:35	2:15-2:35	8:15-8:35	12:45-1:05
<b><u>#5</u></b> - 7:15- 7:35	<b><u>#6</u></b> - 2:00-2:15	<b><u>#7</u></b> - 7:15-7:35	<b><u>#8</u></b> - 1:00-1:15
7:35- 7:55	2:15-2:30	7:35-7:55	1:15-1:30
7:55- 8:15	2:30-2:45	7:55-8:15	1:30-1:45
8:15- 8:35	2:45-3:05	8:15-8:35	1:45-2:05

- 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  
MONTACHUSETT OLD COLONY SOUTH SHORE WALTHAM

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

**POOL WILL BE CLEARED AT:**

**SESSION #1 - 8:35 A.M.** **#2 - 2:35 P.M.** **#3 - 8:35 A.M.** **#4 - 1:05 P.M.**  
**#5 - 8:35 A.M.** **#6 - 3:05 P.M.** **#7 - 8:35 A.M.** **#8 - 2:05 P.M.**