



PENN-DEL Championship – Adams Division February 3 & 4, 2024

Warm-up Schedule

rev01292024

Saturday PM Session - Warm-Up Information

11 & 12's & 9-10 Boys

Warm-up Session 1 (1:20 PM - 1:35) Sprints (1:35 - 1:40)

BYNS	28 swimmers	Lanes:	1, 2 & 3
RAY	49 swimmers	Lanes:	4, 5, 6, 7 & 8

Warm-up Session 2 (1:40 PM - 1:55) Sprints (1:55 - 2:00)

KJAY	32 swimmers	Lanes:	1, 2, 3 & 4
WEST	23 swimmers	Lanes:	5, 6 & 7
BRY	11 swimmers	Lanes:	7 & 8

Sunday AM Session - Warm-Up Information

13-14 & 15-21

Warm-up Session 1 (7:30 AM - 7:45) Sprints (7:45 - 7:50)

BYNS	38 swimmers	Lanes:	1, 2, 3 & 4
KJAY	36 swimmers	Lanes:	5, 6, 7 & 8

Warm-up Session 2 (7:50 AM - 8:05) Sprints (8:05 - 8:10)

RAY	39 swimmers	Lanes:	1, 2, 3 & 4
WEST	12 swimmers	Lanes:	5 & 6
BRY	2 swimmers	Lanes:	7
OPEN		Lanes:	8



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Sunday PM Session - Warm-Up Information

8 - U & 9-10 Girls

Warm-up Session 1 (1:30 PM - 1:45) Sprints (1:45 - 1:50)

BYNS	47 swimmers	Lanes:	1, 2, 3, 4 & 5
WEST	25 swimmers	Lanes:	6, 7 & 8

Warm-up Session 2 (1:50 PM - 2:05) Sprints (2:05 - 2:10)

RAY	32 swimmers	Lanes:	1, 2 & 3
KJAY	19 swimmers	Lanes:	4 & 5
BRY	6 swimmers	Lanes:	6
OPEN		Lane:	7 & 8

Swimmers will be staged in the gym between events.

Please dress appropriately to stay warm. This is an air-conditioned space, sweats, fleece, blankets may be appropriate.

All electronics and personal items are the sole responsibility of the owner.