



PENN-DEL Championship – Jefferson Division

February 3 & 4 2024

Warm-up Schedule

Saturday Session - 13-14 & 15-21

Warm-up Session 1 (3:00 PM - 3:15) Sprints (3:15 PM - 3:20)

BCLY	32 swimmers	Lanes:	1, 2 & 3
OPEN		Lanes:	4, 5 & 6

Warm-up Session 2 (3:20 PM - 3:35) Sprints (3:35 PM - 3:40)

UMLY	43 swimmers	Lanes:	1, 2, 3 & 4
OPEN		Lanes:	5 & 6

Warm-up Session 3 (3:40 PM - 4:55) Sprints (3:55 PM - 4:00)

CBR	45 swimmers	Lanes:	1,2,3,4 & 5
RKRY	2 swimmers	Lanes:	6

Warm-up Session 3 (4:00 PM - 4:15) Sprints (4:15 PM - 4:20)

LYM	36 swimmers	Lanes:	1,2,3 & 4
WGY	23 swimmers	Lanes:	5 & 6

Sunday AM Session – 8-U & 9-10 Boys

Warm-up Session 1 (7:15 AM – 7:30) Sprints (7:30 AM - 7:35)

BCLY	35 swimmers	Lanes:	1,2,3 & 4
UMLY	16 swimmers	Lanes:	5 & 6

Warm-up Session 2 (7:35 AM - 7:50) Sprints (7:50 AM - 7:55)

WGY	31 swimmers	Lanes:	1,2 & 3
LYM	15 swimmers	Lanes:	4 & 5
OPEN		Lanes:	6

Warm-up Session 3 (7:55 AM - 8:10) Sprints (8:10 AM - 8:15)

CBR	20 swimmers	Lanes:	1 & 2
RKRY	3 swimmers	Lanes:	3
OPEN		Lanes:	4, 5, 6



PENN-DEL Championship – Jefferson Division
February 3 & 4 2024
Warm-up Schedule

Sunday PM Session –9-10 Girls & 11-12

Warm-up Session 1 (12:15 PM – 12:30) Sprints (12:30 PM - 12:35)

BCLY	33 swimmers	Lanes:	1,2 & 3
LYM	34 swimmers	Lanes:	4,5 & 6

Warm-up Session 2 (12:35 PM - 12:50) Sprints (12:50 PM - 12:55)

UMLY	35 swimmers	Lanes:	1,2,3 & 4
WGY	23 swimmers	Lanes:	4,5 & 6

Warm-up Session 3 (12:55 PM - 1:15) Sprints (1:15 PM - 1:20)

CBR	38 swimmers	Lanes:	1,2,3 & 4
RKRY	8 swimmers	Lanes:	5
OPEN		Lanes:	6