



PENN-DEL Invitational – Distance Meet January 28, 2024

REV1/25/20224

Warm-up Schedule

AM Session Day 1 - Warm-Up Information

Warm-up Session 1 (8:20 - 8:40 AM) Sprints (8:45 - 8:50 AM)
OPEN Lanes: 1,2,3,4,5 & 6
All Teams (60 swimmers)
Maximum of 10 swimmers per lane

REVISED 1/26/2024

PM Session Day 1- Warm-Up Information

Warm-up Session 1 (12:15 - 12:25 PM) Sprints (12:25 - 12:30 PM)
NPY 20 swimmers Lanes: 1 & 2
PAY 20 swimmers Lanes: 3 & 4
BYST 7 swimmers Lane: 5
BRY 7 swimmers Lane: 6

Warm-up Session 2 (12:30 - 12:40 PM) Sprints (12:40 - 12:45 PM)
BYNS 41 swimmers Lanes: 1,2,3 & 4
NEYS 20 swimmers Lanes: 5 & 6

Warm-up Session 2 (12:45 - 12:55 PM) Sprints (12:55 - 1:00 PM)
BCLY 24 swimmers Lanes: 1,2 & 3
FAY 7 swimmers Lanes: 4
WCA Y 18 swimmers Lane: 5 & 6

Warm-up Session 2 (1:00 - 1:10 PM) Sprints (1:10 - 1:15 PM)
RAY 20 swimmers Lanes: 1 & 2
KJAY 12 swimmers Lanes: 3 & 4
LMY 15 swimmers Lane: 4 & 5
WBY 10 swimmers Lane: 6

Warm-up Session 5 (1:15 - 1:25 PM) Sprints (1:25 - 1:30 PM)
RY 48 swimmers Lanes: 1,2,3,4 & 5
OPEN 8 swimmers Lane: 6

Distance Invitational Session 2 Start (1:35 PM)