

2019 PI WARMUP ASSIGNMENTS

DAY 2 - SUNDAY JUNE 30TH, 2019

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
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BULKHEAD
25YD START END

-----> -----> -----> -----> One Way Starts / Dives From Bulkhead 10 & Under	LANE 1
-----> -----> -----> ----->	LANE 2
	LANE 3
	LANE 4
	LANE 5
	LANE 6
<-----<-----<-----<----- One Way Starts / Dives From 10 & Up Start End	LANE 7
<-----<-----<-----<-----	LANE 8

1st Warmup Session 7:00am - 7:25am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
PF JVS	STG JVS	STG	FF	FF	ESST	ESST	NHN	NHN	COLE	COLE	WOR	WOR	IOST	IOST

2nd Warmup Session 7:25am - 7:50am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
NORP	TWNL	WNDR	SMW	BMST BFST	WLH	BB	BRLD STC	BRLD	GLF	DFV	WLW WLR	WLW	FCR	FCR NSST NPT

3rd Warmup Session 7:50am - 8:15am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
CYM FMKP	WIE BCB	SHEN MNW	KNGR TNW	COPP WHST	BSST WLM	WALD OCV	TOM RVX	SCO VGO	BRY WIMB	MBW	FOST TVG	SCR WIN	RS	ORN TTS

4TH Warmup Session 8:15am - 8:40am

Lane 11	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
CLC CBST	CHCR EMC	LIV FCST	KWD GWF	CPS LOE	CYP PWF	CYC SCF	NAV HWD	HST NOR	GTR RAVE	CYPR LDLB	BREN CLE	LWF SCST	GLEN HMR	COLS HVL