

WARMUP ASSIGNMENTS

Frank Holleman Invitational

A WARMUP 7:00-7:30 AM

Bartram Trail	Lanes 0-3
Creekside	Lanes 4-7
Fletcher	Lanes 8-11
Ponte Vedra	Lanes 12-15
Tocoi Creek	Lanes 16-17
Sandalwood	Lanes 18
Middleburg	Lane 19

B WARMUP 7:30-8:00 AM

St Joseph	Lane 0
Orange Park	Lanes 1-3
St Augustine	Lanes 4-5
Pedro Menendez	Lanes 6-7
Fleming Island	Lanes 8-10
Fernandina Bch	Lanes 11-12
Palatka	Lanes 13-14
Matanzas	Lanes 15-16
Oakleaf	Lanes 17-18
Middleburg	Lane 19

C WARMUP

Reverse One-Way Swim (Return to Blocks)	Lane 0 (8:00-8:20 AM)
One-Way Sprints	Lanes 1-10 (8:00-8:20 AM)
General Warmup	Lanes 11-15 (8:00-8:30 AM)
Nease	Lanes 16-19 (8:00-8:30 AM)

Please note Middleburg has agreed to split their team, half in A warmup and half in B warmup. Nease has agreed to warmup without blocks to allow more space in A and B warm-ups. During One-Way Sprints, Lane 0 is for swimmers who wish to swim down with a 25 when returning to the blocks. In prelims, Lanes 12-19 will remain open throughout the course of the competition for general warmup. During Finals, lanes 10-19 will remain open for general warmup.