

WARMUP ASSIGNMENTS

2022 Frank Holleman Invitational

A WARMUP 7:00-7:30 AM

Creekside	Lanes 0-3
St Augustine	Lane 4
Bartram Trail	Lanes 5-8
Beachside	Lanes 9-10
Ponte Vedra	Lanes 11-14
Nease	Lanes 15-19

B WARMUP 7:30-8:00 AM

Fernandina Bch	Lanes 0-1
Middleburg	Lanes 2-3
Matanzas	Lanes 4-6
Oakleaf	Lane 7
Sandalwood	Lanes 8
Tocoi Creek	Lane 9-10
Fleming Island	Lanes 11-12
Menendez	Lanes 13-15
Orange Park	Lanes 16-19

FINALS WARMUP

Warmup for Finals starts at 3:30 pm and will be general warmup in all lanes until 4:10 pm.

From 4:10-4:20 pm, lanes 1-6 will be open for one-way sprints, with lane 0 as a return 25 lane.

Lanes 7-9 will be for relay starts only.

Lanes 10-19 will be for general warmup.

C WARMUP

Reverse One-Way Swim (Return to Blocks)	Lane 0 (8:00-8:20 AM)
One-Way Sprints	Lanes 1-9 (8:00-8:20 AM)
General Warmup	Lanes 10-19 (8:00-8:30 AM)

Lane 0 is next to the starter (no block). Lanes with blocks are 1-9; remaining lanes are 10-19. 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 11-19 will remain open throughout the course of the competition for general warmup. During Finals, lanes 10-19 will remain open for general warmup. The competition pool will remain open for warm down during the scheduled five- and ten-minute breaks. Always enter the pool feet first!