

# **WARMUP ASSIGNMENTS**

2024 Frank Holleman Invitational

## **A WARMUP 7:00-7:30 AM**

Creekside	Lanes 0-2
St Augustine	Lane 3
Bartram Trail	Lane 4-7
Mandarin	Lanes 8-9
Tocoi Creek	Lanes 10-11
Beachside	Lanes 12-14
Ponte Vedra	Lanes 15-18
Univ Christian	Lane 19

*(Nease warmup at 6:30 am)*

## **B WARMUP 7:30-8:00 AM**

Middleburg	Lane 0
Orange Park	Lanes 1-2
Matanzas	Lanes 3-5
Oakleaf	Lanes 6-7
Fernandina Bch	Lanes 8-9
Wolfson	Lane 10
Bolles	Lanes 11-13
Yulee	Lanes 14-15
Menendez	Lanes 16-17
St Joseph	Lanes 18-19

## **C WARMUP (ALL TEAMS)**

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 11-19 (8:00-8:30 AM)

*Lane 0 is next to the starter (no block). Lanes with blocks are 1-10; remaining lanes are 11-19. 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 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. The competition pool will remain open for warm down during the scheduled breaks within the meet. Always enter the pool feet first!*

## **FINALS WARMUP**

From 3:30-4:10 pm:  
➤ General Warmup all lanes.

From 4:10-4:20 pm:  
➤ Lanes 1-6 one-way sprints, with lane 0 as a return 25 lane.  
➤ Lanes 7-10 relay starts only  
➤ Lanes 11-19 general warmup

After 4:20 pm thru Finals:  
➤ Lanes 10-19 general warmup