

Sleigh Ride Spectacular Warm-up Plan:

The warm-up pool will remain open during competition. Swimmers utilizing it should be supervised by a coach. No playing in the pool.

AM Warm-up Session:

- Doors open 7:30 am
- CFYN Warm-up 7:45-8:15
- All other Teams Warm UP 8:15 - 8:55 AM
- One way sprints will be open to all teams in the competition pool for the last 10 minutes of warm-ups.

Competition Pool

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Mansfield	Mansfield	Wadsworth	David	Youngstown	Westend	Lawrence Louisville	Ashtabula N. Canton

Warm-up Pool:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Green	Green	Green	Green	Ridgewood	Ridgewood	Franklin	MeyersLake Orrville Wooster

PM Warm-up Session #1:

CFYN, Green, Wadsworth, David, North Canton, Massillon, Orrville

- Warm-ups will begin no earlier than 12:45 pm and last 30 minutes.
- One way sprints will begin in the competition pool during the last 10 minutes of the warm-up period.

Competition Pool:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CFYN	CFYN	CFYN	CFYN	David	David	N. Canton	Massillon

Warm-up Pool:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Green	Green	Green	Green	Orville	Wadsworth	Wadsworth	Wadsworth

PM Warm-up Session #2:

Westend, Youngstown, Lawrence, Jamestown, Franklin, Louisville, Mansfield, Wooster, Ashtabula, County, Ridgewood. Ashland

- Warm-ups will begin 30 minutes after the start of the first warm-up period, and no earlier than 1:15 pm. Warm-ups will last 30 minutes.
- One way sprints will begin in the competition pool during the last 10 minutes of the warm-up period.

Competition Pool:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Westend	Westend	Youngstown	Youngstown	Lawrence Youngstown	Lawrence	Jamestown	Jamestown

Warm-up Pool:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Franklin	Louisville	Mansfield	Mansfield	Wooster Ashland	Ashtabula County	Ridgewood	Ridgewood