

Straehle Warm Up Schedule:

7:00am-7:20am

Warm Up Pool (with slide/diving board):

Lane 1: WW

Lane 2: AND

Lane 3: AND

Lane 4: GBP/OM/TRST

Lane 5: CA

Lane 6: PO

Competition Pool:

Lane 1: SA

Lane 2: SA

Lane 3: Diving/sprint lane only

Lane 4: Diving/sprint lane only

Lane 5: SHC

Lane 6: SHC

7:20am-7:40am

Warm Up Pool (with slide/diving board):

Lane 1: ROR

Lane 2: ROR/ALT

Lane 3: FO

Lane 4: FO/BH

Lane 5: CCC/CR

Lane 6: WV

Competition Pool:

Lane 1: CVST

Lane 2: WCSC

Lane 3: Diving/sprint lane only

Lane 4: Diving/sprint lane only

Lane 5: WM

Lane 6: WM

7:40am-8:00am

Warm Up Pool (with slide/diving board):

Lane 1: RW

Lane 2: HH/TV

Lane 3: WAW

Lane 4: WAW

Lane 5: PAD

Lane 6: MBK

Competition Pool:

Lane 1: BJCCS

Lane 2: SPD/WH

Lane 3: Diving/sprint lane only

Lane 4: Diving/sprint lane only

Lane 5: ML

Lane 6: ML

8:00am-8:20am

Warm Up Pool (with Slide/Diving Board):

Lane 1: FH

Lane 2: FH

Lane 3: NSJ

Lane 4: NSJ

Lane 5: HP

Lane 6: HP

Competition Pool:

Lane 1: DUL

Lane 2: DUL

Lane 3: Diving/sprint lane only

Lane 4: Diving/sprint lane only

Lane 5: SPL

Lane 6: SPL

8:20am-8:40am

Warm Up Pool (with Slide/diving board):

Lane 1: NSC

Lane 2: NSC

Lane 3: FR/MCSC

Lane 4: CSC/SL

Lane 5: WRC/NC

Lane 6: SH

Competition Pool:

Lane 1: WST

Lane 2: WST

Lane 3: Diving/sprint lane only

Lane 4: Diving/sprint lane only

Lane 5: SC

Lane 6: SC