

Summer Sizzler

WARM UP ASSIGNMENT

SATURDAY AM:

1ST Warm up- 7:00am-7:25am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC/ UN

2nd Warm up- 7:27am- 7:52am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SAC	SAC	SAC	SAC	SAC	SAC/MIDD PST	MWYS	MWYS	MWYS	ANA

****The Diving Well will be open for warm-up and warm-down throughout the meet.**



Summer Sizzler

WARM UP ASSIGNMENT

Saturday PM:

1ST Warm up- 1pm-1:25pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC

2nd Warm up-1:25pm- 1:52pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SAC	SAC	SAC	SAC	SAC	SAC	SAC	ANA	ANA	MWYS/PST

****The Diving Well will be open for warm-up and warm-down throughout the meet.**



Summer Sizzler

WARM UP ASSIGNMENT

SUNDAY AM:

1ST Warm up- 7:00am-7:25am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	UN/MIDD/ PST

2nd Warm up- 7:27am- 7:52am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SAC	SAC	SAC	SAC	SAC	MWYS	MWYS	MWYS	ANA	ANA/SH

****The Diving Well will be open for warm-up and warm-down throughout the meet.**



Summer Sizzler

WARM UP ASSIGNMENT

SUNDAY PM:

1ST Warm up- 1Pm-1:25Pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC	BGSC

2nd Warm up- 1:27Pm- 1:52Pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
SAC	SAC	SAC	SAC	SAC	SAC	SAC	ANA	ANA/FINS	MWYS/PST

****The Diving Well will be open for warm-up and warm-down throughout the meet.☺**