

## 2018 Warm-up lanes BDAC WARM-UP SCHEDULE

**Time 7:00 AM - 7:20 AM**

Lane					
1	2	3	4	5	6
BDAC	SENVL	CAVIP	CAVIP	PVPC	BHTS

**Time 7:20 AM - 7:40 AM**

Lane					
1	2	3	4	5	6
HYC	HYC	WLRC	PIN	HCP	HCP

**Time 7:40 AM - 8:00 AM**

Lane					
1	2	3	4	5	6
WSTMT	WSTMT	RPRA	DIXIE & LACH	MWAC	MWAC

**Time 8:00 AM - 8:20 AM**

Lane					
1	2	3	4	5	6
*BHILL / SHORE	*CEDAR / SHORE	*SIDE/ VIKING	VIKING/ WAC	VAL	BEAU

**THE SNC WARM-UP PROCEDURES WILL BE FOLLOWED.**

- THERE IS A MAXIMUM OF 25 SWIMMERS PER LANE.

- DURING WARM-UPS, THERE IS NO DIVING UNTIL A LANE IS ONE-WAY SWIMMING ONLY. TEAMS MAY DECIDE TO USE THEIR LANE FOR DIVING DURING THE LAST 10 MINUTES OF THEIR WARM-UP PERIOD, PROVIDED THERE IS ONE WAY SWIMMING ONLY.

THE FOLLOWING TEAMS WILL WARM UP AT THEIR HOME POOLS FROM 7:00 AM TO 7:30 AM;

SHORE	SIDE	CEDAR	VIKING	BHILL	VAL
BEAU	WAC				

THESE POOLS SHOULD BE AT BDAC BY 7:45 FOR THE COACHES MEETING

**\* NOTE:** FOR THE FINAL WARM-UP SESSION, LANES 1, 2, 3 and 4 ARE RESERVED FOR THE 5 POOLS LISTED ABOVE (who warmed up at their home pool) FOR "BACKSTROKE" AND "DIVE" WARM-UPS ONLY.