

4A Divisional Warm Up Schedule

Session 1: 8&U – 10&U

WARM-UP LANE ASSIGNMENTS & TIMES				
TEAM		LANES		Time
CVAC		1,2,3,4		7:45AM
LPAC		5,6,7,8		7:45AM
Hershey		1,2,3		8:15AM
LVO		4,5,6		8:15AM
NYAC		6,7,8		8:15AM

NOTE: All lanes will open for starts for the last 10 minutes of each warm-up session.

8:15 a.m. Scratch Meeting
8:35 a.m. Officials and Timers Meeting
8:50 a.m. Clear pool
9:00 a.m. Meet Begins

Session 2: 12&U, 14&U – 15&O

WARM-UP LANE ASSIGNMENTS & TIMES				
TEAM		LANES		Time
Hershey		1,2,3,4		11:45PM
LPAC		5,6,7,8		11:45PM
CVAC		1,2		12:15PM
LVO		3,4,5		12:15PM
NYAC		6,7,8		12:15PM

NOTE: All lanes will open for starts for the last 10 minutes of each warm-up session.

12:15 p.m. Scratch Meeting
12:35 p.m. Officials and Timers Meeting
12:55 p.m. Clear pool
1:00 p.m. Meet Begins