

# MARCH 1 & 2 Warm-up Schedule

## LOCKER ROOM COURSE

11 & OLDER 7:30AM TO 8:45AM

10 AND UNDER 8:45AM TO 9:15AM

LANE 10 AAC  
LANE 9 LOLL  
LANE 8 LOLL  
LANE 7 SRQ  
LANE 6 SRQ  
LANE 5 SRQ  
LANE 4 CVST & LRSA  
LANE 3 TBAY  
LANE 2 TBAY  
LANE 1 TBAY  
BUFFER 1 CCS  
DIVING BOARD  
BUFFER 2 CCS & STA  
BUFFER 3 LWRY  
LANE 9 STAT

SWIM MEET  
SWIM MEET  
SWIM MEET  
SWIM MEET  
SWIM MEET  
SWIM MEET  
SWIM MEET  
SWIM MEET  
SWIM MEET  
SWIM MEET  
SWIM MEET  
SWIM MEET BUFFER LANE

11 AND OLDER WARMDOWN LANE  
TBAY  
TBAY & LRSA

LANE 8 STAT  
LANE 7 TYS  
LANE 6 TBB & SC  
LANE 5 TBB  
LANE 4 WFLA  
LANE 3 WFLA  
LANE 2 WCA  
LANE 1

CCS & AAC  
TYS & WCA  
WFLA & TBB  
WFLA  
LOLL & CVST  
LOLL

SRQ

SRQ

## BAYSIDE COURSE

25 Meter by 25 Yard Pool

LANE 1 SYS  
LANE 2 SYS  
LANE 3 PYP  
LANE 4 PYP  
LANE 5 PYP  
LANE 6 SPA  
LANE 7 SPA  
LANE 8 SPA  
LANE 9 SPA  
LANE 10 SPA

LWRY  
SC & TI & STA  
STAT  
STAT  
SYS  
SYS  
PYP  
PYP  
SPA

SPA