

# HARRY MEISEL MEET – WARM-UP ASSIGNMENTS

## LOCKER ROOM COURSE

### 8:00AM TO 9:15AM WARM-UP

LANE 10 CVST  
LANE 9 CVST  
LANE 8 WCA & RIPTIDE  
LANE 7 RAD  
LANE 6 PIPELINE  
LANE 5 PIPELINE  
LANE 4 PIPELINE  
LANE 3 SWIM TAMPA  
LANE 2 SWIM TAMPA  
LANE 1 TEAM & SYS  
BUFFER WFLA & PYP

## DIVING BOARD

BUFFER TBAY  
LANE 10 TBAY  
LANE 9 TBAY  
LANE 8 TBB  
LANE 7 TBB  
LANE 6 TBAC  
LANE 5 TBAC  
LANE 4 TBAC  
LANE 3 TBAC  
LANE 2 TBAC  
LANE 1 TBAC

## 10 AND UNDER WARM-UP 9:15AM TO 9:45AM

### BUFFER 11 AND OLDER WARMDOWN

LANE 10 CVST  
LANE 9 CVST  
LANE 8 SYS  
LANE 7 SYS  
LANE 6 TBAY  
LANE 5 WFLA & SWIM TAMPA  
LANE 4 PIPELINE  
LANE 3 RAD & WCA & PYP  
LANE 2 TBAC  
LANE 1 TBAC

## 25 METER POOL – GREEN FENCE

LANE 1 SPA  
LANE 2 SPA  
LANE 3 SPA  
LANE 4 SPA  
LANE 5 SPA  
LANE 6 SPA  
LANE 7 SPA  
LANE 8 SPA

## 10 AND UNDER WARM-UP 9:00AM TO 9:30AM

LANE 1 SPA  
LANE 2 SPA  
LANE 3 SPA  
LANE 4 SPA  
LANE 5 OPEN  
LANE 6 OPEN  
LANE 7 OPEN  
LANE 8 OPEN