

11-12 BOYS – SATURDAY AM SESSION – WARM-UP @ 8:00AM; START @ 9:05AM						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Warm-up 1: 8:00-8:30AM	NJW	NJW / CBGC	BAC	BAC / NJBL	ESC	ESC / GBCY
Warm-up 2: 8:30-9:00AM	MYM / MCSC	TWST / RY	WFY / WEY	JG / MAY	CAT / BMS	CCC / MCY/ PMYM / RHSC / STVN
**** For each 30 minute warm-up: 25 minute warm-up w/ no diving: Last 5 minutes: One Way Sprints off blocks.						

11-12 GIRLS – SATURDAY PM WARM-UP @ 1:00PM; START @ 2:20PM						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Warm-up 1: 1:00-1:25PM	NJW	NJW / GBCY	RY / STVN	WFY	MYM	TWST / RHSC
Warm-up 2: 1:25-1:50PM	BAC	BAC	BAC	ESC	ESC	CAT / PIAC
Warm-up 3: 1:50-2:15am	NJBL	NJBL / CBGC	CCC	WEY / MCY	JG / MCSC	MAY / BMS
**** For each 25 minute warm-up: 20 minute warm-up w/ no diving: Last 5 minutes: One Way Sprints off blocks.						

11-12 GIRLS – SUNDAY AM WARM-UP @ 7:00AM; START @ 8:20AM						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Warm-up 1: 7:00-7:25AM	NJW	NJW / GBCY	RY / STVN	WFY	MYM	TWST / RHSC
Warm-up 2: 7:25-7:50AM	BAC	BAC	BAC	ESC	ESC	CAT / PIAC
Warm-up 3: 7:50-8:15AM	NJBL	NJBL / CBGC	CCC	WEY / MCY	JG / MCSC	MAY / BMS
**** For each 25 minute warm-up: 20 minute warm-up w/ no diving: Last 5 minutes: One Way Sprints off blocks.						

11-12 BOYS – SUNDAY PM SESSION – WARM-UP @ 1:00PM; START 2:05PM						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Warm-up 1: 1:00-1:30PM	NJW	NJW / CBGC	BAC	BAC / NJBL	ESC	ESC / GBCY
Warm-up 2: 1:30-2:00PM	MYM / MCSC	TWST / RY	WFY / WEY	JG / MAY	CAT / BMS	CCC / MCY/ PMYM / RHSC / STVN
**** For each 30 minute warm-up: 25 minute warm-up w/ no diving: Last 5 minutes: One Way Sprints off blocks.						

