

## 2019 Warm Up Schedule

### Sunday Session

07/14/2019

#### **Session I: 7:30 – 7:50**

Lane 1: Brookside  
Lane 2: Brookside  
Lane 3: Brookside  
Lane 4: PENN  
Lane 5: WARRINGTON  
Lane 6: BASC

#### **Session II: 7:50 – 8:10**

Lane 1: Somerton  
Lane 2: Somerton  
Lane 3: Somerton  
Lane 4: PSC  
Lane 5: PSC  
Lane 6: PSC

#### **Session III: 8:10 -8:30**

Lanes 1-3: LMT  
Lane 4: BSC  
Lane 5: BSC  
Lane 6: RICHBORO

**Session IV: 8:30 – 8:50**

Lane 1: Newtown Crossing  
Lane 2: Northampton  
Lane 3: HATY  
Lane 4: HATY  
Lane 5: BAC/CORE/WINCHESTER  
Lane 6: Oreland

**\*\*\*Final 5 minutes of each session will be sprints in ALL LANES\*\*\***

**2019 Worker Assignments  
Sunday Session  
07/14/19**

Strokes/Turns: RICHBORO

**Timers:**

**Lane 1: LMT/LMT/LMT**

**Lane 2: PSC/PSC/PSC**

**Lane 3: BRK/BRK/BRK**

**Lane 4: NST/NST/PENN**

**Lane 5: BSC/HATY/HATY**

**Lane 6: WAR/SOM/SOM**

**\*\*\*Please bring 2 (two) watches per timer\*\*\***

**Timer Check in Meeting will be at 8:25 AM**