

Saturday July 09, 2022

Warm Up Schedule

Session I: 5:10 – 5:25 pm
Lanes 1 - 4: Richboro
Lanes 5 - 6: Penn Aquatics
Session II: 5:25 – 5:40 pm
Lanes 1 – 4: Brookside
Lane 5-6 Willow Grove Y
Session III: 5:40 – 5:55 pm
Lane 1: Warrington/Northampton
Lane 2: LMT
Lane 3: Somerton
Lane 4: Bryn Athyn
Lane 5: Newtown Crossing/Core
Lane 6: Oreland/Core
Session IV: 5:55 – 6:10 pm
Lane 1-3 Bustleton
Lane 4-6 Open
Session V: 6:10-6:20 Sprints all teams

Timer Assignments

Lane 1: Northampton, Oreland, Newtown Crossing
Lane 2: Bustleton, Bustleton, LMT
Lane 3: Bryn Athyn, Penn, Willow Grove Y
Lane 4: Willow Grove Y, Somerton, LMT
Lane 5: Penn LBSL, Summer Core, Warrington
Lane 6: Brookside, Brookside, Brookside

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

Timer Check in Meeting will be at 6:10 pm

Coaches Meeting at 5:45 pm