

# Sunday July 10, 2022

## Warm Up Schedule

**Session I:** 7:15 – 7:35 am  
**Lanes 1 - 5:** Richboro  
**Lanes 6:** Newtown Crossing

**Session II:** 7:35 – 7:55 am  
**Lanes 1 – 3:** Penn LBSL  
**Lane 4:** Warrington  
**Lane 5:** Warrington  
**Lane 6:** Open

**Session III:** 7:55 – 8:15 am  
**Lanes 1- 3:** Brookside  
**Lane 4 - 5 :** Oreland  
**Lane 6:** Oreland

**Session IV:** 8:15 - 8:35 am  
**Lanes 1 - 2:** Willow Grove Y  
**Lane 3:** Bustleton  
**Lane 4:** Bustleton  
**Lane 5:** LMT  
**Lane 6:** LMT

**Session V:** 8:35-8:55 am  
**Lanes 1** Northampton  
**Lane 2:** Somerton  
**Lane 3:** Bryn Athyn  
**Lane 4-6:** Open

**\*\*\*SPRINTS at the end of each warm up session**

## Timer Assignments

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

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

**Timer Check in Meeting will be at 8:40 am**

**Coaches Meeting at 8:15 am**