

2018 Warm Up Schedule

Saturday Session

07/07/2018

Session I: 5:15-5:35

Lane 1: Brookside
Lane 2: Brookside
Lane 3: LMT
Lane 4: LMT
Lane 5: LMT
Lane 6: HATY

Session II: 5:35-5:55

Lane 1: Northampton
Lane 2: Northampton/PENN
Lane 3: Somerton
Lane 4: Somerton/BAÇ
Lane 5: PSC
Lane 6: PSC

Session III: 5:55-6:15

Lanes 1-4: Richboro
Lane 5: Bustleton/BA

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Session IV: 6:15- 6:35

Lane 1: Newtown Crossing
Lane 2: Newtown Crossing
Lane 3: Warrington
Lane 4: Spring Mill
Lane 5: OPEN
Lane 6: OPEN

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

2018 Timer Assignments

Saturday Session

07/07/18

Timers:

Lane 1: LMT/LMT/LMT
Lane 2: PSC/PSC/SMM
Lane 3: BRK/BRK/BRK
Lane 4: NST/NST/NCST
Lane 5: BSC/WST/HATY
Lane 6: RSC/RSC/SOM

*****Please bring 2 (two) watches per timer*****
Timer Check in Meeting will be at 6:05 pm