

2018 Warm Up Schedule

Sunday Session

07/08/2018

Session I: 7:15-7:35

Lane 1:	Brookside
Lane 2:	Brookside
Lane 3:	Brookside
Lane 4:	PENN/SMM/BA
Lane 5:	Warrington
Lane 6:	Warrington

Session II: 7:35-7:55

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

Session III: 7:55-8:15

Lanes 1-4:	LMT
Lane 5:	Bustleton

2018 Warm Up Schedule
Sunday Session(continued)
07/08/2018

Session IV: 8:15-8:35

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

Session V: 8:35-8:55

Lane 1:	Richboro
Lane 2:	Richboro
Lane 3:	Northampton
Lane 4:	Northampton
Lane 5:	Open
Lane 6:	Open

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

**2018 Timer Assignments
Sunday Session
07/08/18**

Timers:

Lane 1: LMT/LMT/LMT

Lane 2: PSC/PSC/SMM

Lane 3: BRK/BRK/HATY

Lane 4: NST/NST/NCST

Lane 5: BSC/WST/HATY

Lane 6: NCST/SOM/SOM

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

Timer Check in Meeting will be at 8:15 AM