

## Warm-up Assignments

### Wheaton Team Challenge

Dec 10-12, 2010 at Neuqua Valley HS

#### Friday Night

(Warm-up A 5:00-5:25; Warm-up B 5:25-5:50; Meet Starts 6:00 p)

		Large Pool							
Lane		1	2	3	4	5	6	7	8
5:00-525p		Whtn	Whtn	Whtn	Whtn	ACAD	ACAD	ACAD	ACAD
525-550p		FOX	FOX	FOX	FOX	PPD	PPD	HWSA	HWSA*

Small Pool		
S1	S2	S3
Whtn	ACAD	Open
FOX	FOX	Open

\*with dund, napy, unat

#### Saturday and Sunday Mornings

Warm-up A 7:50-8:10; Warm-up B 8:10-8:30; Warm-up C 8:30-8:50; Meet Starts 9:00 a)

		Large Pool							
Lane		1	2	3	4	5	6	7	8
750-810a		Whtn	Whtn	Whtn	Whtn	ACAD	ACAD	ACAD	ACAD
810-830a		FOX	FOX	FOX	FOX	FOX	FOX	FOX	FOX
830-850a		PPD	PPD	PPD	HWSA	HWSA	HWSA	DUND	DUND*

Small Pool		
S1	S2	S3
Whtn	Whtn	ACAD
FOX	FOX	FOX
PPD	HWSA	DUND

\*with napy, unat, fast

#### Saturday and Sunday Afternoons

Warm-up A 1:30-1:50; Warm-up B 1:50-2:10; Warm-up C 2:10-2:30; Meet Starts 2:40 p)

		Large Pool							
Lane		1	2	3	4	5	6	7	8
130-150p		Whtn	Whtn	Whtn	Whtn	Whtn	HWSA	HWSA	8&U starts
150-210p		FOX	FOX	FOX	FOX	FOX	FOX	DUND	8&U starts
210-230p		ACAD	ACAD	ACAD	ACAD	PPD	PPD	FAST*	8&U starts

Small Pool 8 & U's ONLY		
S1	S2	S3
Whtn	Whtn	HWSA
FOX	FOX	FOX
ACAD	ACAD	PPD

\*with napy, unat