

**AD CHAMPS 2014  
Warmup Assignments**

**Friday AM Scratch Sheets due by 7:00 am for 400FR  
8:30 am for all others**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00-7:25	General warm up for all swimmers entered in the 400 Fr. Sprint lanes will open at 7:20 am.					
No earlier than 8:30	There will be a general warm up for 25 min immediately following the completion of the 400 Fr. Swimmers in the 400 Fr will not be swimming at this time. Sprint lanes will open after 20 min. Warm up will not begin before 8:30 am					

**Friday PM Scratch Sheets due by 12:45**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:45-1:15	ALBS	ALBS EELS	CPP	SCHE	DELM UN SIDN BFIN GRGF GUY HAWK SSCY	CLIN ONEI GCAT GLFY
1:15-1:25	SPRINT	SPRINT	GENERAL	GENERAL	SPRINT	SPRINT

**Saturday AM Scratch Sheets due by 7:00 am for 200FR  
8:30 am for all others**

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00-7:25	General warm up for all swimmers entered in the 200 Fr. Sprint lanes will open at 7:20 am.					
No earlier than 8:30	There will be a general warm up for 25 min immediately following the completion of the 400 Fr. Swimmers in the 200 Fr will not be swimming at this time. Sprint lanes will open after 20 min. Warm up will not begin before 8:30 am					

## Saturday PM Scratch Sheets due by 12:45

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:45-1:15	ALBS	ALBS EELS	CPP	CPP DELM BFIN	SCHE GCAT SSCY GUY	CLIN ONEI UN GLFY NTS GRGF HAWK SIDN
1:15-1:25	SPRINT	SPRINT	GENERAL	GENERAL	SPRINT	SPRINT

## Sunday AM Scratch Sheets due by 7:00 am for 200BK 8:30 am for all others

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7:00-7:25	General warm up for all swimmers entered in the 400 Fr. Sprint lanes will open at 7:20 am.					
No earlier than 8:30	There will be a general warm up for 25 min immediately following the completion of the 400 Fr. Swimmers in the 200 Bk will not be swimming at this time. Sprint lanes will open after 20 min. Warm up will not begin before 8:30 am					

## Sunday PM Scratch Sheets due by 12:45

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
12:45-1:15	CPP	CPP EELS UN	ALBS	SCHE GCAT	DELM GLFY BFIN SIDN HAWK	CLIN ONEI GRGF GUY NTS
1:15-1:25	SPRINT	SPRINT	GENERAL	GENERAL	SPRINT	SPRINT

*In the event the morning session runs over, the afternoon warm will start immediately following and may be shortened to a total of 30 min so that meet can start on time.  
(20 min warm up and 10 min sprints)*