

**2017 Warmup Assignments
8U Prelims (Thurs, July 20, 1st Session)**

2 minutes to move to new pool
1 minute between sessions

First Warmup	6:30-6:56	2nd Warmup	6:57-7:23
Fox Hill- 14	Elks- 10	Lafayette- 12	Mesa- 17
Meadows- 11	Meadowglen- 20	BCC- 12	Ranch- 16
Louisville- 37	Broomfield- 12	Rock Creek- 26	Barracudas- 6

	Main Pool (with starting blocks)			
	First Warmup		Second Warmup	
	6:30-6:42	6:44-6:56	6:57-7:09	7:11-7:23
Lane 1	Elks	Louisville	BCC	Mesa
Lane 2	Elks	Louisville	BCC	Mesa
Lane 3	Broomfield	Louisville	Lafayette	Mesa
Lane 4	Broomfield	Louisville	Lafayette	Mesa
Lane 5	Meadows	Louisville	Rock Creek	Mesa
Lane 6	Meadows	Louisville	Rock Creek	Ranch
Lane 7	Meadowglen	Louisville	Rock Creek	Ranch
Lane 8	Meadowglen	Fox Hill	Rock Creek	Ranch
Lane 9	Meadowglen	Fox Hill	Rock Creek	Ranch
Lane 10	Meadowglen	Fox Hill	Rock Creek	Barracudas

	Shallow Pool- Has blocks			
	First Warmup		Second Warmup	
	6:30-6:42	6:44-6:56	6:57-7:09	7:11-7:23
Lane 1	Louisville	Meadows	Barracudas	Rock Creek
Lane 2	Louisville	Meadows	Ranch	Rock Creek
Lane 3	Louisville	Meadowglen	Ranch	Rock Creek
Lane 4	Louisville	Meadowglen	Ranch	Rock Creek
Lane 5	Louisville	Meadowglen	Ranch	Rock Creek
Lane 6	Louisville	Meadowglen	OPEN	Rock Creek

	Diving Well			
	First Warmup		Second Warmup	
	6:30-6:42	6:44-6:56	6:57-7:09	7:11-7:23
Lane 1	Louisville	Broomfield	Mesa	BCC
Lane 2	Louisville	Broomfield	Mesa	BCC
Lane 3	Fox Hill	Elks	Mesa	Lafayette
Lane 4	Fox Hill	Elks	Mesa	Lafayette
Lane 5	Fox Hill	OPEN	OPEN	OPEN