

**2018 Warmup Assignments  
8U Prelims (Thurs, July 19, 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	Ranch	Elks	Mesa
Lafayette	Barracudas	Meadows	Meadowglen
BCC	Rock Creek	Louisville	Broomfield

	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	BCC	OPEN	Louisville	OPEN
Lane 2	BCC	OPEN	Louisville	OPEN
Lane 3	BCC	Barracudas	Louisville	Mesa
Lane 4	Lafayette	Barracudas	Louisville	Mesa
Lane 5	Lafayette	Ranch	Louisville	Elks
Lane 6	Lafayette	Rock Creek	Meadows	Elks
Lane 7	Lafayette	Rock Creek	Meadows	Meadowglen
Lane 8	Lafayette	Rock Creek	Meadows	Meadowglen
Lane 9	Fox Hill	Rock Creek	Broomfield	Meadowglen
Lane 10	Fox Hill	Rock Creek	Broomfield	Meadowglen

	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	Barracudas	BCC	Meadowglen	Meadows
Lane 2	Barracudas	BCC	Meadowglen	Meadows
Lane 3	Ranch	BCC	Meadowglen	Meadows
Lane 4	OPEN	Fox Hill	Meadowglen	Broomfield
Lane 5	OPEN	Fox Hill	OPEN	Broomfield
Lane 6	OPEN	OPEN	OPEN	OPEN

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