

**2018 BVSSL Warm-up Assignments
9-12's Prelims (WED, 7/18)**

2 minutes during pool switch
1 minute between sessions

First Warmup	6:15-6:47	Second Warmup	6:48-7:20	Third Warmup	7:21-7:53
Barracudas	Meadowglen	Lafayette	Ranch	Rock Creek	BCC
Louisville	Fox Hill	Meadows	Mesa	Broomfield	Elks

	Main Pool (with starting blocks)					
	First Warmup		Second Warmup		Third Warmup	
	6:15-6:30	6:32-6:47	6:48-7:03	7:05-7:20	7:21-7:36	7:37-7:53
Lane 1	Louisville	Fox Hill	Lafayette	Meadows	Rock Creek	Broomfield
Lane 2	Louisville	Fox Hill	Lafayette	Meadows	Rock Creek	Broomfield
Lane 3	Louisville	Fox Hill	Lafayette	Meadows	Rock Creek	Broomfield
Lane 4	Louisville	Fox Hill	Lafayette	Meadows	Rock Creek	Elks
Lane 5	Louisville	Barracudas	Lafayette	Meadows	Rock Creek	Elks
Lane 6	Louisville	Barracudas	Lafayette	Meadows	Rock Creek	Elks
Lane 7	Louisville	Meadowglen	Lafayette	Mesa	Rock Creek	Elks
Lane 8	Louisville	Meadowglen	Lafayette	Mesa	Rock Creek	Elks
Lane 9	Louisville	Meadowglen	Ranch	Mesa	BCC	Elks
Lane 10	Louisville	Meadowglen	Ranch	Mesa	BCC	Elks

	Shallow Pool- will have blocks!					
	First Warmup		Second Warmup		Third Warmup	
	6:15-6:30	6:32-6:47	6:48-7:03	7:05-7:20	7:21-7:36	7:37-7:53
Lane 1	Barracudas	Louisville	Meadows	Ranch	Elks	Rock Creek
Lane 2	Barracudas	Louisville	Meadows	Ranch	Elks	Rock Creek
Lane 3	Fox Hill	Louisville	Meadows	Lafayette	Elks	Rock Creek
Lane 4	Fox Hill	Louisville	Meadows	Lafayette	Elks	Rock Creek
Lane 5	Fox Hill	Louisville	Meadows	Lafayette	Elks	BCC
Lane 6	Fox Hill	Louisville	Meadows	Lafayette	Elks	BCC

	Diving Well					
	First Warmup		Second Warmup		Third Warmup	
	6:15-6:30	6:32-6:47	6:48-7:03	7:05-7:20	7:21-7:36	7:37-7:53
Lane 1	Meadowglen	Louisville	Mesa	Lafayette	Broomfield	Rock Creek
Lane 2	Meadowglen	Louisville	Mesa	Lafayette	Broomfield	Rock Creek
Lane 3	Meadowglen	Louisville	Mesa	Lafayette	Broomfield	Rock Creek
Lane 4	Meadowglen	Louisville	Mesa	Lafayette	OPEN	Rock Creek
Lane 5	Meadowglen	Louisville	Mesa	Lafayette	OPEN	OPEN