

Warm-ups will begin at 10:15
National Anthem 11:55 AM; Meet Start 12:00 PM

2019 Warmup Assignments
13-18 Prelims (THURS, July 25, 2nd Session)

2 minutes during pool switch
1 minute between sessions

First Warmup	10:15-10:47	Second Warmup	10:48-11:20	Third Warmup	11:21-11:53
Fox Hill	Elks	Ranch	Rock Creek	Louisville	Broomfield
BCC	Lafayette	Mesa	Meadows	Meadowglen	

	Main Pool (with starting blocks)					
	First Warmup		Second Warmup		Third Warmup	
	10:15-10:30	10:32-10:47	10:48-11:03	11:05-11:20	11:21-11:36	11:38-11:53
Lane 1	BCC	OPEN	Rock Creek	Meadows	Louisville	OPEN
Lane 2	BCC	OPEN	Rock Creek	Meadows	Louisville	OPEN
Lane 3	Lafayette	Fox Hill	Rock Creek	Meadows	Louisville	OPEN
Lane 4	Lafayette	Fox Hill	Rock Creek	Meadows	Louisville	Meadowglen
Lane 5	Lafayette	Fox Hill	Rock Creek	Meadows	Louisville	Meadowglen
Lane 6	Lafayette	Fox Hill	Rock Creek	Meadows	Louisville	Meadowglen
Lane 7	Lafayette	Fox Hill	Rock Creek	Meadows	Louisville	Meadowglen
Lane 8	Lafayette	Elks	Rock Creek	Mesa	Louisville	Meadowglen
Lane 9	Lafayette	Elks	Ranch	Mesa	Louisville	Broomfield
Lane 10	Lafayette	Elks	Ranch	Mesa	Louisville	Broomfield

	Shallow Pool					
	First Warmup		Second Warmup		Third Warmup	
	10:15-10:30	10:32-10:47	10:48-11:03	11:05-11:20	11:21-11:36	11:38-11:53
Lane 1	Fox Hill	BCC	Meadows	Rock Creek	Meadowglen	Louisville
Lane 2	Fox Hill	BCC	Meadows	Rock Creek	Meadowglen	Louisville
Lane 3	Fox Hill	Lafayette	Meadows	Rock Creek	Meadowglen	Louisville
Lane 4	Fox Hill	Lafayette	Meadows	Rock Creek	Meadowglen	Louisville
Lane 5	Fox Hill	Lafayette	Meadows	Ranch	Meadowglen	Louisville
Lane 6	OPEN	OPEN	Meadows	Ranch	Meadowglen	OPEN

	Diving Well					
	First Warmup		Second Warmup		Third Warmup	
	10:15-10:30	10:32-10:47	10:48-11:03	11:05-11:20	11:21-11:36	11:38-11:53
Lane 1	Elks	Lafayette	Mesa	Rock Creek	Broomfield	Louisville
Lane 2	Elks	Lafayette	Mesa	Rock Creek	Broomfield	Louisville
Lane 3	Elks	Lafayette	Mesa	Rock Creek	OPEN	Louisville
Lane 4	OPEN	Lafayette	Mesa	Rock Creek	OPEN	Louisville
Lane 5	OPEN	Lafayette	OPEN	OPEN	OPEN	Louisville