

**2019 Warmup Assignments
8U Prelims (Thurs, July 25, 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 | Elks | Rock Creek | Lafayette |
| Mesa | Meadows | Ranch | BCC |
| Meadowglen | 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 | Meadowglen | OPEN | OPEN |
| Lane 2 | Meadowglen | Fox Hill | OPEN | OPEN |
| Lane 3 | Louisville | Fox Hill | Broomfield | OPEN |
| Lane 4 | Louisville | Fox Hill | Broomfield | Ranch |
| Lane 5 | Louisville | Elks | BCC | Rock Creek |
| Lane 6 | Louisville | Elks | BCC | Rock Creek |
| Lane 7 | Louisville | Mesa | BCC | Rock Creek |
| Lane 8 | Louisville | Meadows | Lafayette | Rock Creek |
| Lane 9 | Louisville | Meadows | Lafayette | Rock Creek |
| Lane 10 | Louisville | Meadows | Lafayette | Rock Creek |

| 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 | Fox Hill | Meadowglen | Rock Creek |
| Lane 2 | Fox Hill | Meadowglen | Rock Creek | BCC |
| Lane 3 | Fox Hill | Louisville | Rock Creek | BCC |
| Lane 4 | Elks | Louisville | Rock Creek | Lafayette |
| Lane 5 | Elks | Louisville | Rock Creek | Lafayette |
| Lane 6 | Elks | Louisville | Rock Creek | Lafayette |

| Diving Well | | | | |
|-------------|--------------|------------|---------------|------------|
| | First Warmup | | Second Warmup | |
| | 6:30-6:42 | 6:44-6:56 | 6:57-7:09 | 7:11-7:23 |
| | Lane 1 | Meadows | Louisville | OPEN |
| Lane 2 | Meadows | Louisville | OPEN | OPEN |
| Lane 3 | Meadows | Louisville | OPEN | OPEN |
| Lane 4 | Mesa | Louisville | OPEN | Broomfield |
| Lane 5 | OPEN | OPEN | Ranch | Broomfield |