

**2019 BVSSL Warm-up Assignments
9-12's Prelims (WED, 7/24)**

First Warmup	6:15-6:47	Second Warmup	6:48-7:20	Third Warmup	7:21-7:53
Rock Creek	BCC	Lafayette	Ranch	Louisville	
Meadows	Fox Hill	Meadowglen	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	Rock Creek	OPEN	Lafayette	Meadowglen	Louisville	OPEN
Lane 2	Rock Creek	Fox Hill	Lafayette	Meadowglen	Louisville	Broomfield
Lane 3	Rock Creek	Fox Hill	Lafayette	Meadowglen	Louisville	Broomfield
Lane 4	Rock Creek	Fox Hill	Lafayette	Meadowglen	Louisville	Broomfield
Lane 5	Rock Creek	Meadows	Lafayette	Meadowglen	Louisville	Broomfield
Lane 6	Rock Creek	Meadows	Lafayette	Meadowglen	Louisville	Elks
Lane 7	Rock Creek	Meadows	Lafayette	Mesa	Louisville	Elks
Lane 8	BCC	Meadows	Lafayette	Mesa	Louisville	Elks
Lane 9	BCC	Meadows	Ranch	Mesa	Louisville	Elks
Lane 10	BCC	Meadows	Ranch	Mesa	Louisville	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	Meadows	Rock Creek	Mesa	Ranch	Broomfield	Louisville
Lane 2	Meadows	Rock Creek	Mesa	Ranch	Broomfield	Louisville
Lane 3	Meadows	Rock Creek	Mesa	Ranch	Broomfield	Louisville
Lane 4	Meadows	BCC	Mesa	Lafayette	OPEN	Louisville
Lane 5	Meadows	BCC	Mesa	Lafayette	OPEN	Louisville
Lane 6	Meadows	BCC	Mesa	Lafayette	OPEN	Louisville

	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	Fox Hill	Rock Creek	Meadowglen	Lafayette	Elks	Louisville
Lane 2	Fox Hill	Rock Creek	Meadowglen	Lafayette	Elks	Louisville
Lane 3	Fox Hill	Rock Creek	Meadowglen	Lafayette	Elks	Louisville
Lane 4	OPEN	Rock Creek	Meadowglen	Lafayette	Elks	Louisville
Lane 5	OPEN	Rock Creek	Meadowglen	Lafayette	Elks	Louisville