



# **PENN-DEL Championship – Madison and Jefferson Divisions January, 21 & 22, 2023**

## **Warm-up Schedule**

### **AM Session Day 1 - Warm-Up Information**

#### **Warm-up Session 1 ( 10:30 AM - 10:45 ) Sprints ( 10:45 - 10:50 )**

<b>PFY</b>	7 swimmers	Lanes:	1
<b>CBR</b>	20 swimmers	Lanes:	2 & 3
<b>NPY</b>	14 swimmers	Lanes:	4 & 5
<b>WGY</b>	11 swimmers	Lanes:	6

#### **Warm-up Session 2 ( 10:50 AM - 11:05 ) Sprints ( 11:05 - 11:10 )**

<b>UMLY</b>	15 swimmers	Lanes:	1 & 2
<b>BYST</b>	20 swimmers	Lanes:	3 & 4
<b>NEYS</b>	22 swimmers	Lanes:	5 & 6

#### **Warm-up Session 3 ( 11:10 AM - 11:25 ) Sprints ( 11:25 - 11:30 )**

<b>LMY</b>	13 swimmers	Lanes:	1 & 2
<b>RKRY</b>	10 swimmers	Lanes:	3 & 4
<b>BCY</b>	5 swimmers	Lanes:	5

### **PM Session Day 1- Warm-Up Information**

#### **Warm-up Session 1 ( 3:20 PM - 3:35 ) Sprints ( 3:40 - 3:45 )**

<b>PFY</b>	18 swimmers	Lanes:	1 & 2
<b>CBR</b>	37 swimmers	Lanes:	3,4,5 & 6

#### **Warm-up Session 2 ( 3:45 PM - 4:00 ) Sprints ( 4:00 - 4:05 )**

<b>UMLY</b>	15 swimmers	Lanes:	1 & 2
<b>NEYS</b>	38 swimmers	Lanes:	3,4,5 & 6

#### **Warm-up Session 3 ( 4:05 PM - 4:20 ) Sprints ( 4:20 - 4:25 )**

<b>LMY</b>	16 swimmers	Lanes:	1 & 2
<b>RKRY</b>	15 swimmers	Lanes:	3 & 4
<b>BCY</b>	15 swimmers	Lanes:	5 & 6

#### **Warm-up Session 3 ( 4:25 PM - 4:40 ) Sprints ( 4:40 - 4:45 )**

<b>NPY</b>	14 swimmers	Lanes:	1 & 2
<b>WGY</b>	13 swimmers	Lanes:	3 & 4
<b>BYST</b>	11 swimmers	Lanes:	5



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## Warm-up Schedule

### AM Session Day 2 - Warm-Up Information

#### Warm-up Session 1 ( 7:10 AM - 7:25 ) Sprints ( 7:25 - 7:30 )

<b>PFY</b>	11 swimmers	Lanes:	1
<b>CBR</b>	6 swimmers	Lanes:	2
<b>NPY</b>	11 swimmers	Lanes:	3
<b>WGY</b>	8 swimmers	Lanes:	4
<b>UMLY</b>	6 swimmers	Lanes:	5
<b>NEYS</b>	9 swimmers	Lanes:	6

#### Warm-up Session 2 ( 7:30 AM - 7:45 ) Sprints ( 7:45 - 7:50 )

<b>BYST</b>	13 swimmers	Lanes:	3 & 4
<b>NEYS</b>	9 swimmers	Lanes:	5 & 6
<b>LMY</b>	4 swimmers	Lanes:	1 & 2
<b>RKRY</b>	11 swimmers	Lanes:	3 & 4
<b>BCY</b>	11 swimmers	Lanes:	5

### Midday Session Day 2 - Warm-Up Information

#### Warm-up Session 1 ( 10:20 AM - 10:35 ) Sprints ( 10:35 - 10:40 )

<b>PFY</b>	11 swimmers	Lanes:	1
<b>CBR</b>	19 swimmers	Lanes:	2 & 3
<b>NPY</b>	6 swimmers	Lanes:	4
<b>WGY</b>	9 swimmers	Lanes:	5

#### Warm-up Session 2 ( 10:40 AM - 10:55 ) Sprints ( 10:55 - 11:00 )

<b>UMLY</b>	14 swimmers	Lanes:	1 & 2
<b>BYST</b>	14 swimmers	Lanes:	3 & 4
<b>NEYS</b>	19 swimmers	Lanes:	5 & 6

#### Warm-up Session 3 ( 11:00 AM - 11:15 ) Sprints ( 11:15 - 11:20 )

<b>LMY</b>	9 swimmers	Lanes:	1 & 2
<b>RKRY</b>	10 swimmers	Lanes:	3 & 4
<b>BCY</b>	5 swimmers	Lanes:	5



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## **Afternoon Session Day 2 - Warm-Up Information**

### **Warm-up Session 1 ( 3:20 PM - 3:25 ) Sprints ( 3:25 - 3:30 )**

<b>PFY</b>	18 swimmers	Lanes:	1 & 2
<b>CBR</b>	14 swimmers	Lanes:	3 & 4
<b>NPY</b>	2 swimmers	Lanes:	5
<b>WGY</b>	4 swimmers	Lanes:	5
<b>BYST</b>	1 swimmers	Lanes:	5
<b>BCY</b>	10 swimmers	Lanes:	6

### **Warm-up Session 2 ( 3:30 PM – 3:45) Sprints ( 3:45 - 3:50 )**

<b>UMLY</b>	16 swimmers	Lanes:	1 & 2
<b>NEYS</b>	26 swimmers	Lanes:	3,4 & 5
<b>LMY</b>	8 swimmers	Lanes:	6
<b>RKRY</b>	2 swimmers	Lanes:	6