

PENTATHLON WARM-UP SCHEDULE

7:10 - 7:30: DAAC (Lanes 1-6)
7:30 - 7:50: BSC (Lanes 1-4) and SST (Lanes 5-6)
7:50 - 8:10: DSC (Lanes 1-3) and RLAC (Lanes 4-6)
8:10 - 8:30: TAC (Lanes 1-3) and CYA (Lanes 4-6)
8:30 - 8:50: SGSC (Lanes 1-6)
8:50: Clear the pool
9:00: Meet Starts

*One way sprints from the starting blocks will be during your assigned warm up time under coach's supervision.

**Cool down pool will be open for the entire duration of the meet for warmup and cool down. Coaches please monitor your swimmers to make sure it is only being used for that purpose. NO diving will be permitted in the cool down pool - FEET FIRST ENTRIES ONLY.

Additional Info:

1. Timers Meeting will be at 8:30 AM near the cool down pool
2. **Coaches - there will not be a scratch meeting.** Email Coach Spangler scratches up through Saturday night. If you have scratches on the morning of the meet, give them to Ross Spangler on Sunday morning by 8:10AM at the meet. Final heat sheets with updated scratches will be printed for coaches and officials on Sunday.
3. Trophy presentation for high point winners in age groups will take place in the cafeteria after the meet ends. Encourage swimmers that may be earning high point trophies to stay for that ceremony.
4. There will be a coach's room with food/drinks throughout the meet. It will be located in the first aid room at the starting end of the pool.
5. Please remind swimmers/parents to keep all food and drinks inside the cafeteria.
6. Seeding for events will take place in the gymnasium and continue out on the pool deck prior to swimmers going up to the block.