

# WARM UP SCHEDULE CHANGES

## Swim Like A FISH Invitational 2009

Coaches and Swimmers,

In an attempt to run a swimmer friendly timeline we have made some changes to the Warm-up schedule for the weekend. We will run open warm-ups for the first 50 minutes and then switch lanes 1 and 8 to pace lanes and lanes 2 and 7 to one way Sprint lanes. Also continual warm-up and cool-down will be available once the meet starts in the SC recreational pool.

We thank you all for attending and volunteering this meet. We are looking forward to running a very exciting invitational.

### **Saturday June 13th**

#### **NEW 12-under Session**

8:00- 9:20am Warm-ups

9:30 Competition Starts

#### **13-over Sessions**

12:00 - 1:20pm Warm-ups

1:30 Competition Starts

#### **NEW Distance Session**

4:15- 5:00pm Warm-ups (open)

5:00pm Competition Starts

### **Sunday June 14th**

#### **NEW 12-under Session**

7:30- 8:50am Warm-ups

9:00 Competition Starts

#### **13-over Session**

12:00 - 1:20pm Warm-ups

1:30 Competition Starts