

Warm Up Schedule Country SC Championships 2024

Competition Pool

Saturday 7:15am – 8:00am

Sunday 8:00am – 8:45am

Lane	
1	WDCI, SEY
2	BGCO, SUCO
3	BDE
4	MOE, BDE
5	TRL
6	TRL
7	TRL
8	TRL

Warm Up Pool

Saturday 7:15am – 8:00am

Sunday 8:00am – 8:45am

Lane	
1	WGL
2	WGL
3	WGL, WRN
4	WRN
5	WRN
6	ECH, WAN, YAM
7	BEN, EGWD
8	ALBU, WSSC, GSH

Competition Pool

Saturday 8:00am – 8:45am

Sunday 7:15am – 8:00am

Lane	
1	HOR, KIL, LAR, MAN, MDA
2	HAM, KAF, GBES
3	SLE, WOD
4	SHN
5	GEE
6	GEE
7	GEE
8	GEE

Warm Up Pool

Saturday 8:00am – 8:45am

Sunday 7:15am – 8:00am

Lane	
1	BLRT
2	BGOLD
3	BGOLD
4	BHA
5	SGB
6	SGB
7	SGB
8	SGB

First 30 min of Warm-Up: Circle Swimming

Last 15 min of Warm-Up in Competition Pool: Brian Ford will do starts for all swimmers