

2006 SOSL INVITATIONAL

WARM-UP SCHEDULE

SESSION # 1

<u>TEAM / #</u>	<u>LANE</u>	<u>TIME</u>
MAST (53)	1 – 5	9:00 – 9:30 AM
WOODHAVEN (18)	6	9:00 – 9:30 AM

SESSION # 2

<u>TEAM / #</u>	<u>LANE</u>	<u>TIME</u>
CSC (76)	1 – 6	9:30 – 10:00 AM

COACHES,

PLEASE REMEMBER, TO HAVE ALL OF YOUR SWIMMER'S ENTER THE WATER AT THE STARTING BLOCK END ONLY, AND TO HAVE A HAND ON THE POOL DECK WHEN ENTERING THE POOL FEET FIRST.

NO DIVING IN, WHEN ENTERING THE POOL FOR WARM-UP'S.

ONE WAY SPRINTS ONLY! - YOU CONTROL YOUR LANES FOR SPRINTS OFF THE BLOCKS.