

**14TH ANNUAL MILFORD HIGH SCHOOL
SWIMMING INVITATIONAL - JANUARY 12, 2008
TEAM WARM-UP SCHEDULE**

GIRLS

| <u>LANE</u> | <u>TEAM</u> | <u>SESSION #</u> | <u>WARM-UP TIME</u> |
|--------------------|--------------------|-------------------------|----------------------------|
| 1 | LAKOTA WEST (28) | # 1 | 12:00 – 12:25 PM |
| 2. | LAKOTA EAST (20) | # 1 | 12:00 – 12:25 PM |
| 3 | LAKOTA EAST | # 1 | 12:00 – 12:25 PM |
| 4 | GLEN ESTE (12) | # 1 | 12:00 – 12:25 PM |
| 5 | MCNICHOLAS (17) | # 1 | 12:00 – 12:25 PM |
| 6 | CCD (12) | # 1 | 12:00 – 12:25 PM |
| 1 | LAKOTA WEST (28) | # 2 | 12:25 – 12:50 PM |
| 2 | LOVELAND (19) | # 2 | 12:25 – 12:50 PM |
| 3 | LOVELAND | # 2 | 12:25 – 12:50 PM |
| 4 | COLERAIN (11) | # 2 | 12:25 – 12:50 PM |
| 4 | PURCELL MARIAN (8) | # 2 | 12:25 – 12:50 PM |
| 5 | MILFORD (15) | # 2 | 12:25 – 12:50 PM |
| 5 | BATAVIA (2) | # 2 | 12:25 – 12:50 PM |
| 6 | AMELIA (7) | # 2 | 12:25 – 12:50 PM |
| 6 | MONROE (6) | # 2 | 12:25 – 12:50 PM |
| 6 | WESTERN BROWN (3) | # 2 | 12:25 – 12:50 PM |

BOYS

| | | | |
|---|--------------------|-----|-----------------|
| 1 | LAKOTA EAST (14) | # 3 | 12:50 – 1:15 PM |
| 1 | GLEN ESTE (3) | # 3 | 12:50 – 1:15 PM |
| 1 | MONROE (3) | # 3 | 12:50 – 1:15 PM |
| 2 | LAKOTA WEST (12) | # 3 | 12:50 – 1:15 PM |
| 2 | AMELIA (9) | # 3 | 12:50 – 1:15 PM |
| 3 | LOVELAND (20) | # 3 | 12:50 – 1:15 PM |
| 4 | COLERAIN (9) | # 3 | 12:50 – 1:15 PM |
| 4 | McNICHOLAS (14) | # 3 | 12:50 – 1:15 PM |
| 5 | WESTERN BROWN (4) | # 3 | 12:50 – 1:15 PM |
| 5 | CCD (8) | # 3 | 12:50 – 1:15 PM |
| 5 | PURCELL MARIAN (6) | # 3 | 12:50 – 1:15 PM |
| 6 | MILFORD (13) | # 3 | 12:50 – 1:15 PM |
| 6 | BATAVIA (1) | # 3 | 12:50 – 1:15 PM |

GIRLS & BOYS

SESSION # 4
OPEN POOL – OFF BLOCKS – SPRINT ONE WAY 1:15 – 1:30 PM
LANES 1 THROUGH 4.
GENERAL WARM-UP LANES 5-6 IF NEEDED. IF NOT – SPRINT LANES.
MEET STARTS @ 1:35 PM