

AVCTL SWIM WARM-UP SCHEDULE

4:00 Coaches meeting in the hospitality room

5:00 – 5:25 Lanes 1 & 2 – Maize
Lanes 3 & 4 – Maize South
Lanes 5 & 6 – Campus
Lanes 7 & 8 – Newton

5:25 – 5:50 Lanes 1 & 4 – Derby
Lanes 5 & 6 – Salina South
Lanes 7 & 8 – Hutchison

The Diving Well – Starts or relays under coaches supervision

During the meet, the diving well is open for warmup and cool down. The starting blocks in the diving well may not be utilized during the meet.