Warm Ups

NBSL Classic 2017

Team Assignments

Warm-Up #1 (7:00 - 7:15 AM)
Arden, Crestview, DelVets, Lane, Silverside, TimberLane

Warm-Up #2 (7:15 - 7:30 AM)
Ashbourne, Darley, Elks, Green Acres, JCC, Shellcrest

Warm-Up #3 (7:30 - 7:45 AM)
Fair Blue, Graylyn Crest, High Point, River Road, Tatnall, Windybush

Warm-Up #4 (7:45 - 8:00 AM)
Open to All Teams

Schedule

For Each Warm Up Period

First 10 Minutes
All Lanes: Open Swim, Feet-First Entry Only

Last 5 Minutes
Lanes 1 - 4: One-Way Sprints, Dives Allowed
Lanes 5 – 6:* Open Swim, Feet-First Entry Only

*Lane 6 is an unofficial lane, but may be used for warm ups