

# Warm Ups

NBSL Classic 2018

## Team Assignments

### **Warm-Up #1 (7:00 - 7:15 AM)**

Fair Blue, Graylyn Crest, High Point, River Road, Tatnall, Windybush

### **Warm-Up #2 (7:15 - 7:30 AM)**

Ashbourne, Crestview, DelVets, Lane, Silverside, Timber Lane

### **Warm-Up #3 (7:30 - 7:45 AM)**

Arden, Darley, Elks, Green Acres, JCC, Shellcrest

### **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