

Friday Warm Ups

NBSL Invitational 2018

Team Assignments

Warm-Up #1 (4:00 - 4:15 PM)

Ashbourne, Crestview, High Point, Lane, Silverside, Timber Lane

Warm-Up #2 (4:15 - 4:30 PM)

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

Warm-Up #3 (4:30 - 4:45 PM)

DelVets, Fair Blue, Graylyn Crest, Tatnall, River Road, Windybush

Schedule

For Each Warm Up Period

First 10 Minutes

All Lanes: Open Swim, Feet-First Entry Only

Last 5 Minutes

Lanes 1 - 5: One-Way Sprints, Dives Allowed

Lane 6: Open Swim, Feet-First Entry Only