

# Saturday Warm Ups

NBSL Invitational 2018

## Team Assignments

### **Warm-Up #1 (8:00 - 8:15 AM)**

Arden, Darley, Elks, Fair Blue, Green Acres, Shellcrest

### **Warm-Up #2 (8:15 - 8:30 AM)**

Graylyn Crest, JCC, Lane, River Road, Tatnall, Windybush

### **Warm-Up #3 (8:30 - 8:45 AM)**

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

## 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*