

Warm Ups

NBSL Classic 2019

Team Assignments

7:00 - 7:15 AM (#1)

Ashbourne, Crestview, DeVets, JCC, Lane, Silverside

7:15 - 7:30 AM (#2)

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

7:30 - 7:45 AM (#3)

Arden, Darley, Elks, Green Acres, High Point, Timberlane

7:45 - 8:00 AM (#4)

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 - 5: One-Way Sprints, Dives Allowed

Lane 6: Open Swim, Feet-First Entry Only*

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