

Friday Warm Ups

NBSL Invitational 2019

Team Assignments

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

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

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

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

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

Ashbourne, Crestview, Darley, JCC, Lane, Silverside

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