

Saturday Warm Ups

NBSL Invitational 2019

Team Assignments

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

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

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

Ashbourne, Darley, Green Acres, JCC, Lane Silverside

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

Arden, Crestview, DeVets, Elks, High Point, 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