

City of Newport Spring Open Meet 2013

MEET WARM UP SCHEDULE –

SESSIONS 1 and 4

8.00 - 8.12

BOYS AGES 9-11 Lanes 1 to 4
BOYS AGES 12-Over Lanes 5 to 8

8.12 - 8.20

SPRINT LANES LANES 1,2,7,8

8.20 - 8.32

GIRLS AGES 12-Over Lanes 1 to 8

8.32 - 8.40

SPRINT LANES LANES 1,2,7,8

8.40 - 8.52

GIRLS AGES 9-11 Lanes 1 to 8

8.52 – 9.00

SPRINT LANES LANES 1,2,7,8

SESSIONS 2 and 5

11.15 - 11.27

BOYS AGES 9-11 Lanes 1 to 4
BOYS AGES 12-Over Lanes 5 to 8

11.27 - 11.35

SPRINT LANES LANES 1,2,7,8

11.35 - 11.47

GIRLS AGES 12-Over Lanes 1 to 8

11.47 - 11.55

SPRINT LANES LANES 1,2,7,8

11.55 - 12.07

GIRLS AGES 9-11 Lanes 1 to 8

12.07 - 12.15

SPRINT LANES LANES 1,2,7,8

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MEET WARM UP SCHEDULE –

SESSION 3

14.30 - 14.42

BOYS AGES 9-11 Lanes 1 to 4
BOYS AGES 12-Over Lanes 5 to 8

14.42 - 14.50

SPRINT LANES LANES 1,2,7,8

14.50 - 15.02

GIRLS AGES 12-Over Lanes 1 to 8

15.02 - 15.10

SPRINT LANES LANES 1,2,7,8

15.10 - 15.22

GIRLS AGES 9-11 Lanes 1 to 8

15.22 - 15.30

SPRINT LANES LANES 1,2,7,8

Session 6

14.30 - 14.45

GIRLS AGES 9-11 Lanes 1 to 4
GIRLS AGES 12-Over Lanes 5 to 8

14.45 - 14.55

SPRINT LANES LANES 1,2,7,8

CLEAR POOL FOR BOYS WARM UP

14.55 - 15.10

BOYS AGES 9-11 Lanes 1 to 4
BOYS AGES 12-Over Lanes 5 to 8

15.10 - 15.20

SPRINT LANES LANES 1,2,7,8