

Boys D1 Warm-ups

Warm-up #1

1:45 – 2:30 pm

Lane	1:45 – 2:10 pm Competition Pool 2:10 – 2:30 pm Warm-up Pool	1:45 – 2:10 pm Warm-up Pool 2:10 – 2:30 pm Competition Pool
Lane 1	Parma Normandy Parma Heights Valley Forge	Hudson
Lane 2	Strongsville	North Canton Hoover
Lane 3	Massillon Jackson	North Canton Hoover
Lane 4	Cleveland Heights	St Ignatius
Lane 5	Akron Firestone	St Ignatius Brecksville Broadview Heights
Lane 6	Hilliard Davidson	Dublin Coffman
Lane 7	Hilliard Davidson	Dublin Jerome
Lane 8	Hilliard Darby	Dublin Jerome

Warm-up #2

2:30 – 3:15 pm

Lane	2:30 – 2:50 pm Competition Pool 2:55 – 3:15 pm Warm-up Pool	2:30 – 2:50 pm Warm-up Pool 2:55 – 3:15 pm Competition Pool
Lane 1	Kings Mills Kings Delaware Hayes	Upper Arlington
Lane 2	Beavercreek Delaware Olentangy Berlin	Upper Arlington Mason
Lane 3	Oxford Talawanda	Mason
Lane 4	Milford	St Charles (
Lane 5	Thomas Worthington	St Charles
Lane 6	Cin Oak Hills	St Xavier
Lane 7	Cin Sycamore	St Xavier
Lane 8	Cin Archbishop Moeller	St Xavier

Warm-up #3**3:15 – 4:00 pm**

Lane	3:15 – 3:35 pm Competition Pool 3:40 – 4:00 pm Warm-up Pool	3:15 – 3:35 pm Warm-up Pool 3:40 – 4:00 pm Competition Pool
Lane 1	Cin Walnut Hill Cin Turpin Morrow Little Miami	Dublin Scioto
Lane 2	Fairfield Gahanna Lincoln Anderson	New Albany
Lane 3	Findlay	Toledo St Francis DeSales
Lane 4	Sidney	Powell Olentangy Liberty
Lane 5	Springfield Sylvania Southview Centerville	Stow Monroe Falls
Lane 6	Westlake Whitehouse Anthony Wayne	North Royalton
Lane 7	Lewis Center Olentangy Westerville Central Reynoldsburg	Wooster
Lane 8	Liberty Township Lakota East Oregon Clay Pickerington North	Freemont Ross St John Jesuit

4:00 – 4:20 pm – Swimmers in the Medley Relay in competition pool

4:00 pm – end of meet – swimmers can warm-up/warm-down

20 minute break after the 50 free

- Competition Pool will be open
- Lanes 1,2, 7, 8 will be pace
- Lanes 3 – 6 will be relay take offs