

Girls 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	Avon Aurora	Hoover
Lane 2	Brecksville Solon	Hoover
Lane 3	Strongsville Magnificat	Akron Firestone
Lane 4	Green Massillon Jackson	Gahanna Lincoln
Lane 5	Lewis Center Olentangy Orange Col St Francis Desales	Gahanna Lincoln Notre Dame Academy
Lane 6	Freemont Ross Oregon Clay	Hudson
Lane 7	Toledo St Ursula	Hudson Mayfield
Lane 8	Toledo St Ursula Whitehouse Anthony Wayne	Delaware Olentangy Berlin Lebanon

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	Cin Walnut Hills Bellbrook	New Albany
Lane 2	Springboro	New Albany
Lane 3	Cin Ursuline	Upper Arlington
Lane 4	Cin Seaton	Upper Arlington
Lane 5	Kings Mills Kings	Col Bishop Watterson
Lane 6	Cin Turpin	Dublin Coffman
Lane 7	Cin Turpin Grove City	Dublin Coffman Dublin Jerome
Lane 8	Mason	Dublin Jerome

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	Westerville Central Westerville North Westerville South	Rocky River
Lane 2	Miamisburg Milford Oxford Talawanda	Beavercreek
Lane 3	Mentor	Centerville
Lane 4	Delaware Hayes Powell Olentangy Liberty	Cin St Ursula
Lane 5	Wooster	Cin St Ursula
Lane 6	Chardon Walsh Jesuit	West Chester Lakota West Liberty Township Lakota East
Lane 7	Worthington Kilbourne	Lewis Center Olentangy
Lane 8	Cin Colerain Cin Mount Notre Dame Springfield	Cin Sycamore

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