

2019 CT Regional 13-18 Championships

Friday Warm-up Assignments

400 IM (76 Entries) and 400 Free (154 Entries) Warm-up Schedule, 4:30 – 5:10

400 IM Start: 5:15

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
4:30 – 5:00	General	General	General	General	General	General	General	General
5:00 – 5:10	Pace	Circle	1-Way	1-Way	1-Way	1-Way	Circle	Pace

400 Free Warm-up and 400 IM Warm-Down Schedule, 6:20 – 6:55:

400 Free Start: 7:00

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
6:20 – 6:45	General	General	General	General	General	General	General	General
6:45 – 6:55	Pace	Circle	1-Way	1-Way	1-Way	1-Way	Circle	Pace