

CT SWIMMING REGIONAL CHAMPIONSHIPS MARCH 2-3, 2019

*****UPDATED WARM UP TIMES FOR SATURDAY AND SUNDAY*****

SATURDAY AM

9 AM WARM UP
10 AM MEET START

SATURDAY PM

1:15 PM WARM UP
2:15 MEET START

SUNDAY AM

7:15 AM WARM UP
8:15 MEET START

SUNDAY PM

12:30 PM WARM UP
1:30 PM MEET START

NOTES:

- Teams will have designated warm up lanes for 30 minute sessions.
- You will be responsible for sprints and pace lanes in your own warm up session.
- There will be at least one additional OPEN lane for sprints in each warm up.