



# Spring Into Regionals

## Warm up schedule

NB: 14-year-olds can swim in either session at the discretion of their coach

### Session 1

10:30 am Female 14 years/under  
10:45 am Female 14 years/over  
11:00 am Open/Male 14 years/under  
11:15 pm Open/Male 14 years/over

### Session 2

3:25 pm Female 14 years/under  
3:40 pm Female 14 years/over  
3:55 pm Open/Male 14 years/under  
4:10 pm Open/Male 14 years/over

### Session 3

8:00 am Open male 14 years/under  
8:15 am Open male 14 years/over  
8:30 am Female 14 years/under  
8:45 am Female 14 years/over

### Session 4

1 pm Open male 14 years/under  
1:15 pm Open male 14 years/over  
1:30 pm Female 14 years/under  
1:45 pm Female 14 years/over