

Exeter Sprints December 15th and 16th Warm-up Schedule

Sessions 1 & 3

6:50a.m.-7:10a.m.-10&U Boys (all teams) and 10&U Girls (EST)

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Team	EST	EST	EST	EST	BLUE	MYT	ORO	FINS
					BYB	MST	RAYS	STORM
					CONY	MELY	UN	YNS
					EDGE		LRW	PST
					HHS			

7:10a.m.-7:30a.m.-10&U Girls (except EST)

Please share the lanes to best utilize the pool.

7:30a.m.-7:50a.m.-13-14 Men (all teams) and 13-14 Women (EST)

Please share the lanes to best utilize the pool.

7:50a.m.-8:10a.m.-13-14 Women (except EST)

Please share the lanes to best utilize the pool.

The morning session starts at 8:15.

Sessions 2 & 4

1:15p.m. - 1:35p.m. – 11-12 Women

Please share the lanes to best utilize the pool.

1:35p.m. – 1:55p.m. – 11-12 Men, OPEN Men and Women

Please share the lanes to best utilize the pool.

1:55p.m. – 2:15p.m. – 15-16 Men and Women

Please share the lanes to best utilize the pool.

The afternoon session starts at 2:30.