

# Bulldog Bash Warm Up Schedule:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00 - 8:20	Big Spring	Big Spring	Big Spring	Big Spring	Big Spring	Big Spring	Big Spring	Big Spring
8:20 - 8:40	Carlisle	Carlisle	Carlisle	Carlisle	Ship	Ship	Ship	Ship
8:40 - 9:00	Mech	Mech	Mech	Mech	Mech	Halifax	Halifax	Delone Catholic
9:00 - 9:20	McDevitt	McDevitt	McDevitt	McDevitt	East Penn	East Penn	East Penn	East Penn
9:20 - 9:40	Dover	Dover	Dover	Dover	Dover	STHS	STHS	STHS
9:40 - 9:50	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints	One Way Sprints
9:50	Clear Pool	Clear Pool	Clear Pool	Clear Pool	Clear Pool	Clear Pool	Clear Pool	Clear Pool
10:00	Meet Start	Meet Start	Meet Start	Meet Start	Meet Start	Meet Start	Meet Start	Meet Start

\*Coaches and Officials Meeting @ 8:45 in Health Room # 115

\*Hospitality Room in Health Room # 117 for coaches and officials

\*Meet starts at 10:00 am

\*Swimmers must wear flip flops / crocs / footwear to and from the gym

\*No food or drink in the gym except water – concessions are in the Commons just outside the gym

\*Chairs must be placed on a towel or blanket, not directly on the gym floor

\*Cool down pool will be available for swimmers during the meet

\*COACH LED one way sprints are permitted during scheduled warm up sessions. These must be led by a coach.