

GO Invite Warm-up Plan

AM Warm-ups (No Team Warm-up lanes assigned):

9:00 AM: Deck Opens

9:15 AM: General Warm-ups Deep & Scoreboard Pools

9:35 AM: Sprint lanes- entire deep pool

General Warm-up scoreboard pool

9:50 AM: Both Pools clear

10:00AM: Meet begins

PM Warm-ups (Competition will be ongoing in Deep Pool)

1:10-1:30: Scoreboard Pool

Lanes 0-6 GEAUGA

Lanes 7-9 Lake West

1:30-1:50: Scoreboard Pool

Lanes 0-2 CFYN

Lanes 3-5 Sampson

Lanes 6-7 New Castle

Lanes 8-9 Lake

1:30-1:50: Deep Pool

Lanes 0-1 RYD

Lanes 2-3 Lake East

Lanes 4-5 Vermilion

Lane 6 Ashland & Wooster

Lane 7 Ashtabula

Lane 8 Jamestown

Lane 9 Tusc & Youngstown

1:50-1:55 Entire Deep Pool is open for sprints

2:00 Meet Start