

2019 Rolling Hills Warm-ups

The meet is smaller this year so we are starting a little later

Friday AM Warm-up

	1	2	3	4	5	6
7:30	RH	RH	RH	RH	RH	MASON
7:55	BRST	BRST	BRST	NLH	NLH	LH
8:20	LAN	LAN	HY	RAYS/MONT	LIFE	LIFE

Clear Pool 8:20

Meet start 8:30

Finish 12:15 PM

PM Warm-up

	1	2	3	4	5	6
1:00	RH	RH	RH	BRST	BRST	BRST
1:20	NLH	NLH	LIFE	LIFE	MONT	RAYS
1:40	LAN	LH	MASON	MASON	OPEN	OPEN

Clear pool 2:00

Meet start 2:10 PM

Finish 4:46 PM

Saturday AM

Assignments made by relays entered

This can be adjusted after swimming prelim

	1	2	3	4	5	6
8:00	RH	RH	RH	RH	RH	RH
8:20	BRST	BRST	BRST	BRST	LAN	LAN
8:40	HY	NLH	NLH	MASON	OPEN	OPEN

Clear pool 9:00 AM

Meet start

9:10

Finish 11:30 AM