

Hang Ten Warm-up Plan:

The warm-up pool will remain open during competition. Swimmers utilizing it should be supervised by a coach. No playing in the pool.

AM Warm-up Session:

- Doors open 7:30 am
- CFYN Warm-up 7:45-8:15
- All other Teams Warm UP 8:15 - 8:55 AM
- One way sprints will be open to all teams in the competition pool for the last 10 minutes of warm-ups.

Competition Pool

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Westend	Westend	Youngstown	Youngstown	Mansfield	Wadsworth	David	Ridgewood Wooster

Warm-up Pool:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Green	Green	Green	Louisville	Ashtabula Ashland	N. Canton Orrville	Lawrence Massillon	Lake Central Franklin County

PM Warm-up Session #1:

CFYN,

- Warm-ups will begin no earlier than 12:45 pm and last 30 minutes.
- One way sprints will begin in the competition pool during the last 10 minutes of the warm-up period.

Competition Pool:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
CFYN	CFYN	CFYN	Wadsworth	Wadsworth	David	David	N. Canton

Warm-up Pool: Lanes 1-3 are closed until after the awards ceremonies, then they can be used by whoever would like more space.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
			Louisville	Green	Green	Green	Green

PM Warm-up Session #2:

- Warm-ups will begin 30 minutes after the start of the first warm-up period, and no earlier than 1:15 pm. Warm-ups will last 30 minutes.
- One way sprints will begin in the competition pool during the last 10 minutes of the warm-up period.

Competition Pool:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Westend	Westend	Youngstown Westend	Youngstown	Youngstown	Mansfield	Ridgewood	Ridgewood

Warm-up Pool:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Franklin	County	Ashland	Lawrence	Lawrence	LCCY Ashtabula	Orrville Wooster	Massillon