



WARM-UP LANES

SESSION 1: 7:30AM-7:50AM

LANE 1	BROOKSIDE
LANE 2	FROG HOLLOW
LANE 3	CEDAR HILL/WILLOWS
LANE 4	EDISON/GREENBROOK
LANE 5	ROYCEFIELD/EAST BRUNSWICK
LANE 6	NORTH BRUNSWICK/JUNIPER LANE
LANE 7	METUCHEN MUNICIPAL
LANE 8	OPEN ALL TEAMS CIRCLE OVERFLOW

SESSION 2: 7:50AM-8:10AM

LANE 1	FOBY
LANE 2	CRANFORD GATORS
LANE 3	BLUE DOLPHINS
LANE 4	BLUE DOLPHINS/MIDDLESEX
LANE 5	MIDDLESEX
LANE 6	MHCA
LANE 7	HILLSBOROUGH/TRUMP NATIONAL
LANE 8	ALL TEAMS SPRINT (DIVE & SWIM ONE WAY)

8:10-8:18

LANES 1-4	ALL CIRCLE SWIM-ALL TEAMS
LANES 5-8	ALL START/SPRINT-ALL TEAMS

8:18AM

PLEASE CLEAR THE POOL