



WARM-UP LANES

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

LANE 1	BROOKSIDE
LANE 2	BROOKSIDE
LANE 3	CEDAR HILL
LANE 4	EDISON/METUCHEN
LANE 5	WILLOWS/EAST BRUNSWICK
LANE 6	NORTH BRUNSWICK/GREENBROOK
LANE 7	FROG HOLLOW
LANE 8	MIDDLESEX

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

LANE 1	BLUE DOLPHINS
LANE 2	BLUE DOLPHINS
LANE 3	HILLSBOROUGH/FOBY
LANE 4	CRANFORD
LANE 5	ROYCEFIELD
LANE 6	MONMOUTH HEIGHTS
LANE 7	COPPERMINE/SO. PLAINFIELD/TRUMP
LANE 8	OPEN / ALL TEAMS / OVERFLOW

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