



WARM-UP LANES

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

LANE 1	BROOKSIDE
LANE 2	BROOKSIDE
LANE 3	NORTH BRUNSWICK / TRUMP / FIDDLERS
LANE 4	HILLSBOROUGH
LANE 5	WILLOWS
LANE 6	STAC
LANE 7	EAST BRUNSWICK
LANE 8	EAST BRUNSWICK
SHALLOW	OPEN

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

LANE 1	BLUE DOLPHINS
LANE 2	FROG HOLLOW
LANE 3	MONMOUTH HEIGHTS
LANE 4	METUCHEN
LANE 5	ROYCEFIELD
LANE 6	MIDDLESEX / SOUTH PLAINFIELD
LANE 7	SOMERSET HILLS / EDISON
LANE 8	CRANFORD
SHALLOW	OPEN / ALL TEAMS / OVERFLOW

SESSION 3: 8:10-8:18

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

8:18AM

PLEASE CLEAR THE POOL