

## **15<sup>th</sup> Annual Penguin Challenge Warm-up Assignments**

- Please do not arrive until 15-minutes prior to your assigned warm-up time
- Please remember that 4 per land means 2 on a side, not 4 on one side
- Teams may sprint during their assigned warm-up period
- South pool is available for warm-up throughout the meet

### **Saturday AM (12&U)**

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#### **9:00-9:20 AM**

SEA North 1-4

YCV North 5-8 plus between the bulkheads

DCY South 1-5

GBY South 6-8

#### **9:25-9:45 AM**

SSTY North 1-8 plus between the bulkheads

SSTY South 1-2

GYD South 3-8

#### **9:50-10:10 AM**

SCY North 1-6

LGSC North 7-8

UN South 1

Open for general warm-up South 2-8

#### **10:15-10:30 AM**

One-way sprints North 1-8

Open for general warm-up South 1-8

### **Saturday PM (Senior)**

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#### **12:30-12:50 PM**

SEA North 1-6

SCY North 7-8

DCY South 1-7

LGSC South 8 plus between the bulkheads

**12:55-1:15 PM**

SSTY North 1-8 plus between the bulkheads

GYD South 1-4

GBY South 5-8

**1:20-1:40 PM**

SSTY North 1-8 plus between the bulkheads

SSTY South 1-3

YCV South 4-7

Open for general warm-up South 8

**1:45-2:00 PM**

One-way sprints North 1-8

Open for general warm-up South 1-8

**Sunday AM (12&U)**

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**9:00-9:20 AM**

SEA North 1-4 plus two swimmers between the bulkheads

YCV North 5-8 plus one swimmer between the bulkheads

DCY South 1-5

GBY South 6-8

**9:25-9:45 AM**

SSTY North 1-8 plus between the bulkheads

SSTY South 1-2

GYD South 3-8

**9:50-10:10 AM**

SCY North 1-6

LGSC North 7-8

UN South 1

Open for general warm-up South 2-8

**10:15-10:30 AM**

One-way sprints North 1-8

Open for general warm-up South 1-8

**Sunday PM (Senior)**

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**12:30-12:50 PM**

SEA North 1-5

SSTY North 6

SCY North 7-8

DCY South 1-6

LGSC South 7-8 plus between the bulkheads

**12:55-1:15 PM**

LGSC North 1

SSTY North 2-8 plus between the bulkheads

GYD South 1-4

GBY South 5-8

**1:20-1:40 PM**

SSTY North 1-8 plus between the bulkheads

SSTY South 1-3

YCV South 4-7

Open for general warm-up South 8

**1:45-2:00 PM**

One-way sprints North 1-8

Open for general warm-up South 1-8