

Warm-ups will begin at 10:15  
National Anthem 11:55 AM; Meet Start 12:00 PM

**2017 Warmup Assignments**  
**13-18 Prelims (THURS, July 20, 2nd Session)**

2 minutes during pool switch  
1 minute between sessions

First Warmup	10:15-10:47	Second Warmup	10:48-11:20	Third Warmup	11:21-11:53
Fox Hill- 24	Mesa- 31	Rock Creek- 47	Barracudas- 5		Elks- 26
Ranch- 21	BCC- 16	Meadowglen- 26	Meadows- 27	Louisville- 58	Broomfield- 16
	Lafayette- 16				

	Main Pool (with starting blocks)					
	First Warmup		Second Warmup		Third Warmup	
	10:15-10:30	10:32-10:47	10:48-11:03	11:05-11:20	11:21-11:36	11:38-11:53
Lane 1	Fox Hill	Mesa	Meadows	Barracudas	Louisville	Elks
Lane 2	Fox Hill	Mesa	Meadows	Rock Creek	Louisville	Elks
Lane 3	Fox Hill	Mesa	Meadows	Rock Creek	Louisville	Elks
Lane 4	Fox Hill	Mesa	Meadows	Rock Creek	Louisville	Elks
Lane 5	Lafayette	Mesa	Meadows	Rock Creek	Louisville	Elks
Lane 6	Lafayette	Mesa	Meadowglen	Rock Creek	Louisville	Elks
Lane 7	Ranch	Mesa	Meadowglen	Rock Creek	Louisville	Broomfield
Lane 8	Ranch	BCC	Meadowglen	Rock Creek	Louisville	Broomfield
Lane 9	Ranch	BCC	Meadowglen	Rock Creek	Louisville	Broomfield
Lane 10	Ranch	BCC	Meadowglen	Rock Creek	Louisville	Broomfield

	Shallow Pool					
	First Warmup		Second Warmup		Third Warmup	
	10:15-10:30	10:32-10:47	10:48-11:03	11:05-11:20	11:21-11:36	11:38-11:53
Lane 1	Mesa	Lafayette	Rock Creek	Meadows	Elks	Louisville
Lane 2	Mesa	Lafayette	Rock Creek	Meadows	Elks	Louisville
Lane 3	Mesa	Lafayette	Rock Creek	Meadows	Elks	Louisville
Lane 4	Mesa	Ranch	Rock Creek	Meadows	Elks	Louisville
Lane 5	Mesa	Ranch	Rock Creek	Meadows	Elks	Louisville
Lane 6	Mesa	Ranch	Barracudas	Meadows	Elks	Louisville

	Diving Well					
	First Warmup		Second Warmup		Third Warmup	
	10:15-10:30	10:32-10:47	10:48-11:03	11:05-11:20	11:21-11:36	11:38-11:53
Lane 1	BCC	Fox Hill	Rock Creek	Meadowglen	Broomfield	Louisville
Lane 2	BCC	Fox Hill	Rock Creek	Meadowglen	Broomfield	Louisville
Lane 3	BCC	Fox Hill	Rock Creek	Meadowglen	Broomfield	Louisville
Lane 4	OPEN	OPEN	Rock Creek	OPEN	OPEN	Louisville
Lane 5	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN