

**2017 BVSSL Warm-up Assignments
9-12's Prelims (WED, 7/19)**

First Warmup	6:15-6:47	Second Warmup	6:48-7:20	Third Warmup	7:21-7:53
Lafayette- 43	BCC- 16	Rock Creek- 72	Ranch- 38	Barracudas- 14	Meadowglen- 33
Meadows- 52	Fox Hill- 26	Broomfield- 14	Elks- 29	Louisville- 88	Mesa- 37

Main Pool (with starting blocks)						
	First Warmup		Second Warmup		Third Warmup	
	6:15-6:30	6:32-6:47	6:48-7:03	7:05-7:20	7:21-7:36	7:37-7:53
Lane 1	Meadows	Lafayette	Broomfield	Ranch	Louisville	Barracudas
Lane 2	Meadows	Lafayette	Broomfield	Ranch	Louisville	Barracudas
Lane 3	Meadows	Lafayette	Rock Creek	Ranch	Louisville	Meadowglen
Lane 4	Meadows	Lafayette	Rock Creek	Ranch	Louisville	Meadowglen
Lane 5	Meadows	Lafayette	Rock Creek	Ranch	Louisville	Meadowglen
Lane 6	Meadows	Lafayette	Rock Creek	Ranch	Louisville	Meadowglen
Lane 7	Fox Hill	Lafayette	Rock Creek	Elks	Louisville	Mesa
Lane 8	Fox Hill	BCC	Rock Creek	Elks	Louisville	Mesa
Lane 9	Fox Hill	BCC	Rock Creek	Elks	Louisville	Mesa
Lane 10	Fox Hill	BCC	Rock Creek	Elks	Louisville	Mesa

Shallow Pool- will have blocks!						
	First Warmup		Second Warmup		Third Warmup	
	6:15-6:30	6:32-6:47	6:48-7:03	7:05-7:20	7:21-7:36	7:37-7:53
Lane 1	Lafayette	Meadows	Ranch	Rock Creek	Barracudas	Louisville
Lane 2	Lafayette	Meadows	Ranch	Rock Creek	Barracudas	Louisville
Lane 3	Lafayette	Fox Hill	Ranch	Rock Creek	Meadowglen	Louisville
Lane 4	Lafayette	Fox Hill	Ranch	Broomfield	Meadowglen	Louisville
Lane 5	Lafayette	Fox Hill	Ranch	Broomfield	Meadowglen	Louisville
Lane 6	Lafayette	Fox Hill	Ranch	Broomfield	Meadowglen	Louisville

Diving Well						
	First Warmup		Second Warmup		Third Warmup	
	6:15-6:30	6:32-6:47	6:48-7:03	7:05-7:20	7:21-7:36	7:37-7:53
Lane 1	BCC	Meadows	Elks	Rock Creek	Mesa	Louisville
Lane 2	BCC	Meadows	Elks	Rock Creek	Mesa	Louisville
Lane 3	BCC	Meadows	Elks	Rock Creek	Mesa	Louisville
Lane 4	BCC	Meadows	Elks	Rock Creek	Mesa	Louisville
Lane 5	BCC	Meadows	Elks	Rock Creek	Mesa	Louisville