

BRONZE CHAMPS WARM-UP SCHEDULE- SESSION #1

Saturday, March 9th

Arrival time 7:15 AM/ Start time 9:00 AM

Due to the size of the meet, there will be 3 Warm-Up Times. Each session will end with One-Way Sprints. There are no lane assignments. Please make room in your lane to accommodate all the teams. Thank you!!

FIRST WARM-UP (7:30-7:45 AM)

CLEAR POOL AT 7:45 AM. ONE WAY STARTS FROM 7:45-7:55 AM.

BRY- Brandywine YMCA	PRSC- Pheasant Run Swim
CBST- Central Bucks Swim Team	PSC- Parkland Swim Club
EMAC- Emmaus Aquatic Club	SSC- Suburban Seahawks
GPAC- Greater Philadelphia Aquatic Club	TOPS- TOPS USA Team
HAWK- Hawk Hill Swim Team	TVAC- Twin Valley Aquatic Club
LAC- Lancaster Aquatic Club	TWAC- Tide Water Aquatic Club
NAAC- Norristown Area Aquatic Club	UDAC- Upper Dublin Aquatic Club
NPAC- North Penn Aquatic Club	VINY- YMCA of Vineland Seals
NRG- NRG Swimming	Unattached Swimmers
PAAC- Parkland Aquatic Club	

SECOND WARM-UP (7:55- 8:10 AM)

CLEAR POOL AT 8:10 AM. ONE WAY STARTS FROM 8:10- 8:20 AM.

CHEL- Cheltenham Aquatic Club	MAC- Methacton Aquatic Club
DST- Delaware Swim	MSA- Malvern Swimming Assoc.
FSA- Friends Select Aquatics	PWAC-- Plymouth Whitmarsh Aquatic Club
GAAC- Germantown Academy Aquatic Club	TRA- Two Rivers Aquatics
GRA- Golden Ram Aquatics	TRI- TRITON Swim Team
JRAY- Jersey Devilray Swimming	WA- Westtown Aquatic Club
KA- Keystone Aquatics	WAC- Wilmington Aquatic Club
KIDS- KIDS Swim Club	
LVA- Lehigh Valley Aquatic	

THIRD WARM-UP (8:20-8:35 AM)

CLEAR POOL AT 8:35 AM. ONE WAY STARTS FROM 8:35- 8:45 AM.

ACAC- Atlantic Coast Athletic Club

BLUE- Blue Eagle Swim Team

EAAC- Episcopal Academy

FWAC- Fitness & Wellness Aquatic Club

GSA- George School Aquatics

HHAA- Hatboro Horsham Aquatic Club

ICCS- Margate Sharks

IDEL- ICC Sharks of Delaware

JW- Jersey Wahoos

LIFE- Life Time Philly

LMAC- Lower Merion Aquatic Club

MAKO- Mako Swim Club

SJAC- South Jersey Aquatic Club

STRM- Jersey Storm

UN- Newfield Aquatic Club

BRONZE CHAMPS WARM-UP SCHEDULE- SESSION #2

Saturday, March 9th

Arrival Time 2:15 PM/ Start Time 4:00 PM

Due to the size of the meet, there will be 3 Warm-Up Times. Each session will end with One-Way Sprints. There are no lane assignments. Please make room in your lane to accommodate all the teams. Thank you!!

FIRST WARM-UP (2:30-2:45 PM)

CLEAR POOL AT 2:45 PM. ONE WAY STARTS FROM 2:45- 2:55 PM.

BRY- Brandywine YMCA	PAAC- Parkland Aquatic Club
CBST- Central Bucks Swim Team	PSC- Parkland Swim Club
EMAC- Emmaus Aquatic Club	SSC- Suburban Seahawks
GPAC- Greater Philadelphia Aquatic Club	TOPS- TOPS USA Team
LAC- Lancaster Aquatic Club	TWAC- Tide Water Aquatic Club
NAAC- Norristown Area Aquatic Club	UDAC- Upper Dublin Aquatic Club
NPAC- North Penn Aquatic Club	VINY- YMCA of Vineland Seals
NRG- NRG Swimming	Unattached Swimmers

SECOND WARM-UP (2:55-3:10 PM)

CLEAR POOL AT 3:10 PM. ONE WAY STARTS FROM 3:10-3:20 PM.

CHEL- Cheltenham Aquatic Club	PWAC-- Plymouth Whitemarsh Aquatic Club
DST- Delaware Swim	TRA- Two Rivers Aquatics
FSA- Friends Select Aquatics	TRI- TRITON Swim Team
GAAC- Germantown Academy Aquatic Club	WA- Westtown Aquatic Club
GRA- Golden Ram Aquatics	WAC- Wilmington Aquatic Club
KA- Keystone Aquatics	CAC- Centennial Aquatic Club
KIDS- KIDS Swim Club	SOUD- Souderton Seahawks
LVA- Lehigh Valley Aquatics	WSY- WSY Swimming
MAC- Methacton Aquatic Club	WCAC- Wissahickon Community Aquatic
MSA- Malvern Swimming Assoc.	

THIRD WARM-UP (3:20-3:35 PM)

CLEAR POOL AT 3:35 PM. ONE WAY STARTS FROM 3:35-3:45PM.

ACAC- Atlantic Coast Athletic Club

BLUE- Blue Eagle Swim Team

EAAC- Episcopal Academy

FWAC- Fitness & Wellness Aquatic Club

GSA- George School Aquatics

HHAA- Hatboro Horsham Aquatic Club

JW- Jersey Wahoos

LIFE- Life Time Philly

LMAC- Lower Merion Aquatic Club

MAKO- Mako Swim Club

SJAC- South Jersey Aquatic Club

STRM- Jersey Storm

UN- Newfield Aquatic Club

NLAC- Nittany Lion Aquatic Club

BRONZE CHAMPS WARM-UP SCHEDULE- SESSION #3

Sunday, March 10th

Arrival Time 7:15 AM/ Start Time 9:00 AM

Due to the size of the meet, there will be 3 Warm-Up Times. Each session will end with One-Way Sprints. There are no lane assignments. Please make room in your lane to accommodate all the teams. Thank you!!

FIRST WARM-UP (7:30-7:45 AM)

CLEAR POOL AT 7:45 AM. ONE WAY STARTS FROM 7:45-7:55 AM.

BRY- Brandywine YMCA	PRSC- Pheasant Run Swim
CBST- Central Bucks Swim Team	PSC- Parkland Swim Club
EMAC- Emmaus Aquatic Club	SSC- Suburban Seahawks
GPAC- Greater Philadelphia Aquatic Club	TOPS- TOPS USA Team
HAWK- Hawk Hill Swim Team	TVAC- Twin Valley Aquatic Club
LAC- Lancaster Aquatic Club	TWAC- Tide Water Aquatic Club
NAAC- Norristown Area Aquatic Club	UDAC- Upper Dublin Aquatic Club
NPAC- North Penn Aquatic Club	VINY- YMCA of Vineland Seals
NRG- NRG Swimming	Unattached Swimmers
PAAC- Parkland Aquatic Club	

SECOND WARM-UP (7:55- 8:10 AM)

CLEAR POOL AT 8:10 AM. ONE WAY STARTS FROM 8:10- 8:20 AM.

CHEL- Cheltenham Aquatic Club	LVA- Lehigh Valley Aquatics
DST- Delaware Swim	MAC- Methacton Aquatic Club
FSA- Friends Select Aquatics	MSA- Malvern Swimming Assoc.
GAAC- Germantown Academy Aquatic Club	PWAC-- Plymouth Whitemarsh Aquatic Club
GRA- Golden Ram Aquatics	TRA- Two Rivers Aquatics
JRAY- Jersey Devilray Swimming	TRI- TRITON Swim Team
KA- Keystone Aquatics	WA- Westtown Aquatic Club
KIDS- KIDS Swim Club	WAC- Wilmington Aquatic Club
	WCAC- Wissahickon Community Aquatic

THIRD WARM-UP (8:20-8:35 AM)

CLEAR POOL AT 8:35 AM. ONE WAY STARTS FROM 8:35- 8:45 AM.

ACAC- Atlantic Coast Athletic Club

BLUE- Blue Eagle Swim Team

EAAC- Episcopal Academy

FWAC- Fitness & Wellness Aquatic Club

GSA- George School Aquatics

HHAA- Hatboro Horsham Aquatic Club

ICCS- Margate Sharks

JW- Jersey Wahoos

LIFE- Life Time Philly

LMAC- Lower Merion Aquatic Club

MAKO- Mako Swim Club

SJAC- South Jersey Aquatic Club

STRM- Jersey Storm

UN- Newfield Aquatic Club

BRONZE CHAMPS WARM-UP SCHEDULE- SESSION #4

Sunday, March 10th

Arrival Time 1:15 PM/ Start Time 3:00 PM

Due to the size of the meet, there will be 3 Warm-Up Times. Each session will end with One-Way Sprints. There are no lane assignments. Please make room in your lane to accommodate all the teams. Thank you!!

FIRST WARM-UP (1:30-1:45 PM)

CLEAR POOL AT 1:45 PM. ONE WAY STARTS FROM 1:45- 1:55 PM.

BRY- Brandywine YMCA	SSC- Suburban Seahawks
CBST- Central Bucks Swim Team	TOPS- TOPS USA Team
EMAC- Emmaus Aquatic Club	TWAC- Tide Water Aquatic Club
GPAC- Greater Philadelphia Aquatic Club	UDAC- Upper Dublin Aquatic Club
LAC- Lancaster Aquatic Club	LMOR- Lower Moreland Swimming
NPAC- North Penn Aquatic Club	PSC- Parkland Swim Club
NRG- NRG Swimming	NAAC- Norristown Area Aquatic
PAAC- Parkland Aquatic Club	Unattached Swimmers

SECOND WARM-UP (1:55-2:10 PM)

CLEAR POOL AT 2:10 PM. ONE WAY STARTS FROM 2:10-2:20 PM.

CHEL- Cheltenham Aquatic Club	MSA- Malvern Swimming Assoc.
DST- Delaware Swim	PWAC-- Plymouth Whitemarsh Aquatic Club
FSA- Friends Select Aquatics	TRA- Two Rivers Aquatics
GAAC- Germantown Academy Aquatic Club	TRI- TRITON Swim Team
GRA- Golden Ram Aquatics	WA- Westtown Aquatic Club
JRAY- Jersey Devilray Swimming	WAC- Wilmington Aquatic Club
KA- Keystone Aquatics	WCAC- Wissahickon Community Aquatic
KIDS- KIDS Swim Club	CAC- Centennial Aquatic Club
LVA- Lehigh Valley Aquatics	SOUD- Souderton Seahawks
MAC- Methacton Aquatic Club	WSY- WSY Swimming

THIRD WARM-UP (2:20-2:35 PM)

CLEAR POOL AT 2:35 PM. ONE WAY STARTS FROM 2:35-2:45PM.

ACAC- Atlantic Coast Athletic Club

BLUE- Blue Eagle Swim Team

EAAC- Episcopal Academy

FWAC- Fitness & Wellness Aquatic Club

GSA- George School Aquatics

HHAA- Hatboro Horsham Aquatic Club

ICCS- Margate Sharks

JW- Jersey Wahoos

LIFE- Life Time Philly

LMAC- Lower Merion Aquatic Club

MAKO- Mako Swim Club

SJAC- South Jersey Aquatic Club

STRM- Jersey Storm

UN- Newfield Aquatic Club

NLAC-Nittany Lion Aquatic Club

IDEL - ICC Sharks of Delaware