

WARM UP SCHEDULE

We understand that this schedule causes warm ups to occur way before the events. **We ask that you use this time to have your team do their general warm up. Once the meet starts, there will be additional lanes available all day for additional warm-up and cool down's under coach's supervision only.** This is a City of Visalia pool and is staffed by City of Visalia lifeguards who are very strict about unsupervised swimming.

| TEAM | LANE(S) | TIMES | TEAM | LANE(S) | TIMES |
|------------------------|------------------|------------------|------------------------|---------|----------------|
| Visalia Buccaneers | 1 | 7:00 - 7:15 am | Hanford Piranhas | 1 | 7:45 - 8:00 am |
| | 2 | | | 2 | |
| | 3 | | | 3 | |
| Woodlake Tiger Sharks | 4 | | Porterville Neptunites | 4 | |
| | 5 | | | 5 | |
| Lindsay Skimmers | 6 | | Tulare Sharks | 6 | |
| | 7 | | | 7 | |
| Visalia Seahawks | 8 | | 9 + REST OF POOL | 8 | |
| | 9 + REST OF POOL | 9 + REST OF POOL | | | |
| Lemoore NAS Heat | 1 | 7:15 - 7:30 am | Reedley Marlins | 1 | 8:00 - 8:15 am |
| | 2 | | | 2 | |
| Fowler Sea Dragons | 3 | | Coalinga Eels | 3 | |
| | 4 | | | 4 | |
| Selma Aqua Bears | 5 | | Yosemite Hornets | 5 | |
| | 6 | | | 6 | |
| Porterville Hurricanes | 7 | | Kingsburg Seawolves | 7 | |
| | 8 | | | 8 | |
| | 9+ REST OF POOL | 9+ REST OF POOL | | | |
| Sanger Seals | 1 | 7:30 - 7:45 am | Fig Garden | 1 | 8:15 - 8:30 am |
| | 2 | | | 2 | |
| Dinuba Aqua Emps | 3 | | Corcoran Blue Dolphins | 3 | |
| | 4 | | | 4 | |
| Lemoore Aqua Jets | 5 | | Sierra Silver Fins | 5 | |
| | 6 | | | 6 | |
| | 7 | | | 7 | |
| Exeter Eels | 8 | | Visalia Waves | 8 | |
| | 9+ REST OF POOL | 9+ REST OF POOL | | | |

TIMERS AND RECORDERS LANE ASSIGNMENTS:

Four volunteers per lane, per shift. Lanes with multiple teams need to provide the amount of people designated within the parenthesis (. Morning shift will commence with the start of the meet until lunch break. The afternoon shift will commence after lunch until the conclusion of the meet.

| LANE | MORNING | AFTERNOON |
|------|------------------------------|---|
| 1 | Woodlake | Selma (2) / Fowler (2) |
| 2 | Seahawks | Corcoran (2) / Lindsay (2) |
| 3 | Hanford (2) / Fig Garden (2) | Lemoore NAS Heat (2) / Lemoore Aqua (2) |
| 4 | Sanger (2) / Reedley (2) | Coalinga (2) / Sierra (2) |
| 5 | Neptunites | Hurricanes |
| 6 | Tulare | Dinuba (2) / Yosemite (2) |
| 7 | Kingsburg | Kingsburg |
| 8 | Buccaneers | Exeter |