

Polk County Swim & Dive Championship
Warmup Schedule

6:30-7:30am

Lanes 1-3 - All Saints

Lanes 4-6 - Frostproof

Lanes 7-8 - Oasis

Lanes 9-10 – Haines City

Lane 11-12 - Ridge

Lane 13 - Bartow

Lane 14 – Lake Region

Lane 15– Auburndale

7:30-8:30am

Lanes 1-2 - Lake Wales

Lane 3- Santa Fe

Lane 4-5 - Winter Haven

Lanes 6-7 - Lakeland Christian

Lanes 8-9 - George Jenkins

Lanes 10-12 - McKeel

Lanes 13-14 - Davenport

Lane 15 - Kathleen - Can use the warm down area too if needed

8:30-9:00am - Open Warm up & One Way Starts

Lanes 2, 3, 4, 5, 6 – **One Way Starts**

Lanes 7-15 – **Open Warm up**

Warm down lanes during meet: Lanes 11-16 and Open area