

**Delmar Dolphins Spring Fling  
2-May-26  
Warm Up Schedule**

**Session 1**

**9-10 and 11-12 age groups - Session Starts at 8:30 AM**

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:30 - 7:49	DELM	DELM	DELM	SHARKS	SHARKS	SHARKS		
7:49 - 8:08	CPP	CPP	CPP	CPP	CPP	CPP	CPP	CPP
8:08 - 8:27	ALBS	ALBS	ALBS	ALBS	ALBS	BENN	USAM	

**Session 2**

**8 & under, 13 & over age groups - Session Starts at 12:30 PM**

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
11:30 - 11:49	DELM	DELM	DELM	DELM	SHARKS	USAM		
11:49 - 12:08	ALBS	ALBS	ALBS	ALBS	ALBS	ALBS	ALBS	UN
12:08 - 12:27	CPP	CPP	CPP	CPP	CPP	CPP	CPP	CPP

SHARKS - Sharks Swim Club

ALBS - Albany Starfish Swim Club

USAM - Uncle Sam Swim Club

BENN - Bennington Marauders

CPP - Clifton Park Piranhas

DELM - Delmar Dolphins

UN - Unattached