

Delmar Dolphins Fall Frenzy

4-Oct-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	DELM	DELM	USAM	USAM	
7:49 - 8:08	CPP	CPP	CPP	CPP	CPP	CPP	CPP	CPP
8:08 - 8:27	SHARKS	SHARKS	SHARKS	SHARKS	SHARKS	HAWK	HAWK	CATO/TBS

Session 2

8 & under, 13 & over age groups - Session Starts at 1:00 PM

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12:00 - 12:19	DELM	DELM	DELM	DELM	SHARKS	SHARKS	SHARKS	SHARKS
12:19 - 12:38	HAWK	HAWK	HAWK	CATO	CATO	USAM	USAM	
12:38 - 12:57	CPP	CPP	CPP	CPP	CPP	CPP	CPP	UN/TBS

SHARKS - Sharks Swim Club

CATO - Cato-Meridian Otters Swimming

USAM - Uncle Sam Swim Club

HAWK - Hawks Swimming Association

CPP - Clifton Park Piranhas

DELM - Delmar Dolphins

TBS- Turbine Swim Club

UN - Unattached