

# 2012 FOX WINTER CLASSIC

## WARM-UP SCHEDULE

### Friday

|              | Lane 1   | 2        | 3        | 4        | 5        | 6        | 7        | 8              | cool down pool |
|--------------|----------|----------|----------|----------|----------|----------|----------|----------------|----------------|
| 4:30-5:00    | FOX 13 ↑ | FOX 13 ↑ | FOX 13 ↑ | FOX 13 ↑ | FOX 13 ↑ | FOX 13 ↑ | FOX 13 ↑ | FOX 13 ↑       | FOX            |
| 5:00-5:25pm  | Fox 12 ↓ | Fox 12 ↓ | Fox 12 ↓ | Fox 12 ↓ | WWCA     | DLTA     | DLTA     | DLTA/RBSC/CIA  | OPEN           |
| 5:25-5:50 pm | MAVS     | MAVS     | MAVS     | MAVS     | MAVS     | MAVS     | JETS     | JETS/NAPY/HFSC | OPEN           |

### AM

|           | Lane 1   | 2        | 3        | 4        | 5        | 6        | 7        | 8         | cool down pool |
|-----------|----------|----------|----------|----------|----------|----------|----------|-----------|----------------|
| 6:30-7:00 | FOX 13 ↑ | FOX 13 ↑ | FOX 13 ↑ | FOX 13 ↑ | FOX 13 ↑ | FOX 13 ↑ | FOX 13 ↑ | FOX 13 ↑  | FOX 13 ↑       |
| 7-7:16    | Fox 12 ↓ | Fox 12 ↓ | Fox 12 ↓ | Fox 12 ↓ | JETS     | JETS     | WWAC     | RBSC/CIA  | Fox 12 ↓       |
| 7:16-7:32 | MAVS     | MAVS     | MAVS     | MAVS     | MAVS     | MAVS     | MAVS     | MAVS      | MAVS           |
| 7:33-7:49 | DLTA     | DLTA     | DLTA     | DLTA     | DLTA     | DLTA     | DLTA     | HFSC/NAPY | OPEN           |

### PM

| Sun one hour late | Lane 1 | 2    | 3    | 4    | 5    | 6    | 7         | 8             | cool down pool |
|-------------------|--------|------|------|------|------|------|-----------|---------------|----------------|
| SAT 12:15-12:31   | FOX    | FOX  | FOX  | FOX  | FOX  | FOX  | FOX       | HFSC/NAPY/CIA | FOX            |
| SAT 12:32-12:48   | DLTA   | DLTA | DLTA | DLTA | DLTA | RBSC | RBSC/JETS | JETS          | OPEN           |
| SAT 12:49-1:05    | MAVS   | MAVS | MAVS | MAVS | MAVS | MAVS | WWCA      | WWCA          | MAVS           |

SATURDAY AFTERNOON WARM-UP WILL BEGIN AT 12:15 PM

SUNDAY AFTERNOON WARM-UP WILL BEGIN AT 1:15 PM

SWIMMERS IN THE 1000  
MUST PROVIDE ONE TIMER  
AND ONE COUNTER

WARM-UP FOR THE 1000  
IS IN THE COOL DOWN POOL  
PRIOR TO THE START OF THE SESSION