

**Falfins Speedo Valentine Invitational
February 12 – 14, 2010
Warm up Schedule**

Friday 1650 Freestyle Warm up Schedule

Warm up at 4:40 Start Time at 5:40

Total number of swimmers: 8

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General warm up	General warm up	General warm up	General warm up	General warm up	General warm up	General warm up	General warm up

Saturday and Sunday Morning Warm up Schedule

Warm up at 7:25 am Pool Cleared at 8:15 am Start Time at 8:25 am

Total numbers of swimmers: Saturday 127 and Sunday 96

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7:25-7:50	Falfins	Falfins	Falfins	Falfins	Falfins	Falfins	Falfins Village 7	Village 7
7:50-8:15	CSST	CSST	CSST	CMA	CMA	Denver Dukes	Denver Dukes	Pueblo County CO Torpedoes

Saturday and Sunday Afternoon Warm up Schedule

Warmup at 11:00 am Pool Cleared at 12:05 Start Time at 12:15 pm

Total numbers of swimmers: Saturday 86 and Sunday 87

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
General warm up	General warm up	General warm up	General warm up	General warm up	General warm up	General warm up	General warm up
Pace @ 11:30 pm	Sprints @ 11:40 am	Sprints @ 11:40 am			Sprints @ 11:40 am	Pace @ 11:30 pm	Pace @ 11:30 pm