

2020 SILVER MEET

Warm-ups & Locker Room Assignments

Boys Session – Friday @ 4pm

	1 st Warm-up (3:00 – 3:15 Swim)	2 nd Warm-up (3:15 – 3:30 Swim)	3 rd Warm-up (3:30 – 3:45 Swim)
Lane 1	Upper Darby & Conestoga	Ridley	Strath Haven
Lane 2	Haverford	Ridley	Strath Haven
Lane 3	Haverford	Ridley	Strath Haven
Lane 4	Harrition	Penncrest	Strath Haven
Lane 5	Harrition	Marple Newtown	Springfield
Lane 6	Garnet Valley	Lower Merion	Radnor

ONE WAY SPRINTS for ALL TEAMS 3:45 to 3:55

Locker Room B: Upper Darby, Conestoga, Harrition, Penncrest, Lower Merion, Strath Haven

Locker Room G: Haverford, Garnet Valley, Ridley, Marple Newtown, Radnor, Springfield

Girls Session – Saturday @ 11:00am

	1 st Warm-up (10:00 – 10:15 Swim)	2 nd Warm-up (10:15 – 10:30 Swim)	2 nd Warm-up (10:30 – 10:45 Swim)
Lane 1	Upper Darby	Haverford	Springfield
Lane 2	Penncrest	Harrition	Marple Newtown
Lane 3	Garnet Valley	Harrition	Marple Newtown
Lane 4	Garnet Valley	Lower Merion	Radnor
Lane 5	Strath Haven	Ridley	Radnor
Lane 6	Strath Haven	Ridley	Radnor

ONE WAY SPRINTS for ALL TEAMS 10:45 to 10:55

Locker Room B: Penncrest, Garnet Valley, Ridley, Haverford, Radnor

Locker Room G: Upper Darby, Strath Haven, Harrition, Lower Merion, Springfield, Marple Newtown