

TAPPS North Region Swim Meet 2022 WARM-UP

Shallow			Warm up Pool										Deep	Competition Pool										
1	2	3	4	5	6	7	8	9	10	11	12	13	B	1	2	3	4	5	6	7	8	9	10	
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Warm-Up #1 8:30 - 9:00

L 1	OPEN
L 2	Dallas International
L 3	Midland Trinity School
L 4	LU Trinity Christian School
L 5	Dallas Shelton
L 6	Addison Trinity
L 7	Addison Trinity
L 8	Bishop Dunne
L 9	Bishop Dunne
L 10	Prestonwood Christian/Prestonwood Academy
L 11	Prestonwood Christian/Prestonwood Academy
L 12	Ovilla Christian
L 13	Corem Deo - all campuses

L 1	Tyler Grace Community
L 2	Tyler Grace Community
L 3	Ursuline Academy
L 4	Ursuline Academy
L 5	Grapevine Faith
L 6	Grapevine Faith
L 7	John Paul II
L 8	John Paul II
L 9	Midland Christian/Midland Classical
L 10	Tyler All Saints/Gorman/Covenant Christian

Warm-Up #2 9:00 - 9:30

L 1	OPEN
L 2	OPEN
L 3	Lubbock Christian/Lubbock All Saints
L 4	WP Trinity Christian
L 5	WP Trinity Christian
L 6	Argyle Liberty
L 7	Argyle Liberty
L 8	Legacy Christian
L 9	Legacy Christian
L 10	Nolan Catholic
L 11	Nolan Catholic
L 12	Nolan Catholic
L 13	Nolan Catholic

L 1	Weatherford Christian
L 2	Eagle Christian/FW Christian/Christ the King
L 3	FW Southwest Christian
L 4	Amarillo Ascension
L 5	Alciun School
L 6	Bishop Lynch
L 7	Bishop Lynch
L 8	Dallas Parish Episcopal
L 9	Dallas Parish Episcopal
L 10	Live Oak/Longview Christian/McKinney Chr.

SCHEDULE

- 8:00 AM - Coaches Meeting in hospitality
- 8:30 AM - Warm-up #1
- 8:30 AM - Timers report in the weight room on the deck
- 9:00 AM - Warm-up #2
- 9:30 AM - Competition Pool - One-way Starts/Sprints (2-7) ; 1 and 8 push/pace
- 9:50 AM - Clear Pool
- 9:55 AM - Prayer and National Anthem
- 10:00 AM - Competition Begins

TEAMS THAT ARE WARMING UP IN COMPETITION POOL-
USE SOME OF YOUR TIME TO DO ONE-WAY STARTS SO
THE OTHER TEAMS CAN USE THE COMPETITION POOL DURING ONE-WAY
STARTS

