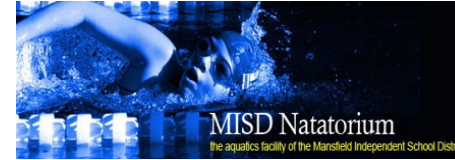


TAPPS North Region Swim Meet 2023 WARM-UP

Shallow				Warm up Pool							Deep						B u l k h e a d	Competition Pool									
1	2	3	4	5	6	7	8	9	10	11	12	13	14	1	2	3		4	5	6	7	8	9	10			



Warm-Up #1

8:30 am - 9:00

L 1	
L 2	Shelton
L 3	Ursuline
L 4	Ursuline
L 5	Ursuline
L 6	Ursuline
L 7	John Paul II
L 8	John Paul II
L 9	John Paul II
L 10	Addison Trinity
L 11	Addison Trinity
L 12	Poetry/ Prestonwood North Prosper/ Providence Academy
L 13	Plano Prestonwood
L 14	Plano Prestonwood

L 1	Trinity Christian Academy - WP
L 2	Legacy Christian
L 3	Bishop Lynch
L 4	Bishop Lynch
L 5	Ovilla
L 6	Gorman/Covenant Christian
L 7	Alcuin
L 8	Alcuin
L 9	Southwest Christian
L 10	All Saints Lubbock/All Saints FW McKinney Christian/ Cornerstone/Eagle

SCHEDULE:

- 8:00 AM - Coach's Meeting in Hospitality
- 8:30 AM - Warm-up #1
- 9:00 AM - Warm-up #2
- 9:30 AM - One-way starts lanes 2-9; push/pace 1 and 10
- 9:30 AM - Timers' meeting in weight room - deck level
- 9:50 AM - Clear pool
- 9:55 AM - Prayer and National Anthem
- 10:00 AM - Competition begins

Teams that have warm-ups in the competition pool should use this time to practice one-way starts so teams in the other pool can use the 9:30 -9:50 slot to do their one-ways.

Warm- Up #2

9:00 am - 9:30 am

L 1	Coram Flower Mound
L 2	Coram Flower Mound
L 3	Coram Deo/ Coram Dallas
L 4	Trinity Lubbock/ Trinity Midland
L 5	Winston
L 6	FW Christian
L 7	Bishop Dunne
L 8	Bishop Dunne
L 9	Ascension
L 10	Dallas International
L 11	Nolan
L 12	Nolan
L 13	Nolan
L 14	Nolan

L 1	Tyler Grace
L 2	Tyler Grace
L 3	Argyle Liberty
L 4	Midland Christian/Midland Classical
L 5	Parish Episcopal
L 6	Parish Episcopal
L 7	Lubbock Christian
L 8	Harvest Christian/Longview Christian
L 9	Grapevine Faith
L 10	Weatherford Christian/Christ the King

