

TAPPS North Region Swim Meet 2024 WARM-UP

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



Warm-Up #1 8:30 am - 9:00

L 1	OPEN
L 2	OPEN
L 3	OPEN
L 4	Ursuline
L 5	Ursuline
L 6	Pantego
L 7	SW Christian
L 8	SW Christian
L 9	Plano Prestonwood
L 10	Plano Prestonwood
L 11	Cornerstone Christian/Covenant Christian
L 12	Bishop Dunne
L 13	Addison Trinity

L 1	Trinity Midland/Winston
L 2	Grace Prep/Grapevine Faith
L 3	Harvest Christian
L 4	Legacy Christian
L 5	Legacy Christian
L 6	Coram Dallas/Coram Flower Mound/ Coram Plano
L 7	Coram Dallas/Coram Flower Mound/ Coram Plano
L 8	Coram Dallas/Coram Flower Mound/Coram Plano
L 9	Valor/Weatherford
L 10	Ascension/ Gorman/Classical/ FW Christian

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	OPEN
L 2	OPEN
L 3	OPEN
L 4	Bishop Lynch
L 5	Bishop Lynch
L 6	Bishop Lynch
L 7	Shelton
L 8	Regents/Providence/Prestonwood North Prosper/Poet
L 9	John Paul II
L 10	John Paul II
L 11	John Paul II
L 12	Longview Christian/Lakehill Prep
L 13	Ovilla

L 1	Tyler Grace
L 2	Tyler Grace
L 3	Nolan
L 4	Nolan
L 5	Nolan
L 6	Trinity Christian WP
L 7	Lubbock Christian/Midland Christian/Midland Classical
L 8	Alcuin
L 9	Alcuin
L 10	Arglye/All Saints Lubbock/ FW All Saints

