

2008 Warm Ups Schedule

Avery Pool

7:30-7:50 am Warm-Up – Eichler Lanes 1-4
Laurelwood Lanes 5-8

7:50-8:10 am Warm-Up – Saratoga Lanes 1-4
Brookside Lanes 5-8

8:10-8:30 am Warm-up- Cupertino Hills Lanes 1-4
Greenmeadow Lanes 5-8

Baker Pool (available 7:30-8:45 for all teams):

Eichler Lanes 1-3	Laurelwood Lanes 4-6
Saratoga Lanes 7-9	Brookside Lanes 14-16
Cupertino Hills Lanes 17-19	Greenmeadow Lanes 20-22

There is absolutely **no diving or jumping** in all warm-up areas. A “three point entry” (keeping your hand on the side of pool) is required in warm-up areas. Please explain this rule to your swimmers in advance.