

**2020 NORTHEAST TENNESSEE REGIONAL
SWIMMING & DIVING CHAMPIONSHIP
Sponsored by GREAT CLIPS**

PRELIMS WARM UPS

**First WarmUp
7:40 - 8:15 AM**

**Second WarmUp
8:15 - 8:50 AM**

Shallow End				Deep End		Shallow End				Deep End	
LANE				LANE		LANE				LANE	
1	SEHS			SSHS	1	1	BTHS			DBHS	1
2	SEHS			KAST	2	2	BTHS			DBHS	2
3	SEHS			SHHS,CDHS,BLAZ,UH	3	3	BTHS			DBHS	3
4	SCENT			SHHS,CDHS,BLAZ,UH	4	4	BTHS			DBHS	4
5	SCENT			SHHS,CDHS,BLAZ,UH	5	5	BTHS			DBHS	5
6	EHS			SHHS,CDHS,BLAZ,UH	6	6	VHS, CHER			DBHS	6
7	EHS			SHHS,CDHS,BLAZ,UH	7	7	VHS, CHER			MHHE	7
8	EHS			SHHS,CDHS,BLAZ,UH	8	8	VHS, CHER			MW	8

**OPEN WARM UP
8:50 - 9:10 AM**

SHALLOW END

All Lanes General
warm up. Starts if
supervised.

DEEP END

Lanes 1-8 Pace
Lanes 2,3,6,7 Starts
Lanes 4-5 General

FINALS WARM UPS

Open Warm Ups 4:00 - 5:30 PM

4:00 - 4:45 PM

All lanes GENERAL

4:45 - 5:30 PM

Lanes 1-8 Pace

Lanes 2,3,7 Starts

Lanes 4, 5, 6 General