

WARMUP ASSIGNMENTS

2026 Frank Holleman Invitational

A WARMUP 7:00-7:30 AM

Mandarin	Lane 0
St Augustine	Lanes 1-2
Beachside	Lanes 3-5
Creekside	Lanes 6-7
Sandalwood	Lanes 8-9
Ponte Vedra	Lanes 10-13
Oakleaf	Lane 14
Nease	Lanes 15-19

B WARMUP 7:30-8:00 AM

Fleming Island	Lanes 0-1
Orange Park	Lanes 2-3
Matanzas	Lanes 4-5
Bolles	Lanes 6-10
Bartram Trail	Lanes 11-14
Fernandina Bch	Lanes 15-16
Tocoi Creek	Lanes 17-19

C WARMUP (ALL TEAMS)

Reverse One-Way Swim (Return to Blocks)	Lane 0 (8:00-8:20 AM)
One-Way Sprints	Lanes 1-10 (8:00-8:20 AM)
General Warmup	Lanes 11-19 (8:00-8:30 AM)

FINALS WARMUP

From 3:30-4:00 pm:

- General Warmup all lanes.

From 4:00-4:20 pm:

- Lanes 1-6 one-way sprints, with lane 0 as a return 25 lane.
- Lanes 7-10 relay starts only
- Lanes 11-19 general warmup

After 4:20 pm thru Finals:

- Lanes 10-19 general warmup

Lane 0 is next to the starter (no block). Lanes with blocks are 1-10; remaining lanes are 11-19. During One-Way Sprints, Lane 0 is for swimmers who wish to swim down with a 25 when returning to the blocks. In prelims, Lanes 12-19 will remain open throughout the course of the competition for general warmup. During Finals, lanes 10-19 will remain open for general warmup. The competition pool will remain open for warm down during the scheduled breaks within the meet. Always enter the pool feet first!