

WARMUP ASSIGNMENTS

2025 Frank Holleman Invitational

A WARMUP 7:00-7:30 AM

Mandarin	Lane 0
Tocoi Creek	Lanes 1-3
Creekside	Lanes 4-6
Sandalwood	Lane 7
Beachside	Lanes 8-10
Ponte Vedra	Lanes 11-14
Nease	Lanes 15-19

B WARMUP 7:30-8:00 AM

Matanzas	Lane 0-1
Middleburg	Lane 2
Orange Park	Lanes 3-4
St Augustine	Lane 5
Bartram Trail	Lanes 6-8
Bolles	Lane 9-11
Fleming Island	Lanes 12-13
Pedro Menendez	Lanes 14-15
Oakleaf	Lanes 16-17
Fernandina Bch	Lanes 18-19

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)

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!

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