

2019 NHIAA SWIMMING & DIVING CHAMPIONSHIPS  
DIVISION 1  
WARM-UP SCHEDULE  
SATURDAY, FEBRUARY 09, 2019

Feet first entry only except during one-way sprints. All swimmers must enter from the start end of the pool. (Lanes 7&8 will be used for Divers ONLY during Warm-Up Session 3 in the event of inclement weather).

SESSION 1 LANE 1-8  
(3:00-3:30PM)

DOVER  
EXETER  
LONDONDERRY  
MANCHESTER MEMORIAL  
MANCHESTER CENTRAL

SESSION 2 LANES 1-8  
(3:30-4:00PM)

BEDFORD  
BISHOP GUERTIN  
NASHUA NORTH  
NASHUA SOUTH

SESSION 3 LANES 1-8  
(4:00-4:30PM)

ALVIRNE  
CONCORD  
KEENE  
MERRIMACK  
PINKERTON  
SALEM  
SPAULDING  
TIMBERLANE

Teams must have a coach supervising all athletes during warm-ups.  
COACHES MEETING 4:00PM ROOM \_\_\_\_\_MAIN HALLWAY