

**2019 NHIAA SWIMMING & DIVING CHAMPIONSHIPS  
DIVISION 2  
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 if needed due to inclement weather).

**SESSION 1 LANES 1-8  
(7:00-7:30AM)**

**COE-BROWN  
KINGSWOOD  
LACONIA  
NEWMARKET  
OYSTER RIVER  
PORTSMOUTH  
PLYMOUTH  
PROSPECT MOUNTAIN  
ST. THOMAS AQUINAS  
WINNACUNNET**

**SESSION 2 LANES 1-8  
(7:30-8:00AM)**

**BELMONT  
BISHOP BRADY  
BOW  
DERRYFIELD  
GILFORD  
GOFFSTOWN  
HOPKINTON  
JOHN STARK  
PELHAM  
SOUHEGAN  
WINDHAM**

**SESSION 3 LANES 1-8  
(8:00-8:30AM)**

**CAMPBELL  
CONANT  
HANOVER  
HOLLIS-BROOKLINE  
LEBANON  
KEARSARGE  
MASCENIC REGIONAL  
MILFORD  
MONADNOCK  
STEVENS  
WILTON**

Teams must have a coach supervising all athletes during warm-ups.  
COACHES MEETING 8:00AM ROOM \_\_\_\_\_ MAIN HALLWAY