

**Seton December Invitational
December 10, 2022**

Warm-up Schedule

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
Session I - 1:00 - 1:20	Seton Group 1 (31)	Seton Group 1 (31)	Seton Group 1 (31)	Seton Group 1 (31)	Seton Group 1 (31)	Seton Group 2 (15)	Seton Group 2 (15)	Seton Group 4 (27)	Seton Group 4 (27)	Seton Group 4 (27)
Session II - 1:20 - 1:40	Immanuel Christian (36)	Immanuel Christian (36)	Immanuel Christian (36)	Immanuel Christian (36)	Immanuel Christian (36)	Immanuel Christian (36)	Woodberry Forest (20)	Woodberry Forest (20)	Woodberry Forest (20)	Woodberry Forest (20)
Session III - 1:40 - 2:00	Brookewood (6)	Fresta Valley (13)	Fresta Valley (13)	Fresta Valley (13)	Trinity Christian (29)	Trinity Christian (29)	Trinity Christian (29)	Trinity Christian (29)	Trinity Christian (29)	Trinity Christian (29)

	Lane 11	Lane 12	Lane 13	Lane 14
Session I - 1:00 - 1:20	Seton Group 3 (18)	Seton Group 3 (18)	Seton Group 5 (14)	Seton Group 5 (14)
Session II - 1:20 - 1:40	Open Warm- up	Open Warm- up	Open Warm- up	Open Warm- up
Session III - 1:40 - 2:00	Open Warm- up	Open Warm- up	Open Warm- up	Open Warm- up

Lane Assignments for Schools (2 Timers per Lane)

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
Fresta Valley	Brookewood	Seton	Immanuel Christian	Seton	Trinity Christian	Seton	Seton	Immanuel Christian	Trinity Christian