

**2010 CO Loveland Sweetheart
Warm-up Sheet
Warm-up Starts at 04:30 PM
Session: 1 Friday Evening
Day of Meet: 1 Starts at 05:35 PM**

Team	Lane	Warm-up
Loveland Swim Club	#1-6	4:30
Colorado Athletic Club	#1-3	5:00
Mission Aurora Colorado Swimmi	#4-6	5:00
Denver Swim Academy	#6-7	5:00
Greenwood Tiger Sharks	#7	4:30
Longmont Swim Club	#8	4:30
COLORADO STARS	#8	5:00
Rawlins Swim Team	#7	4:30
Fort Collins Area Swim Team	#8	4:30

**Warm-up Starts at 7:00 AM
Saturday & Sunday Morning
Starts at 8:00 AM**

Team	Lane	Warm-up
Loveland Swim Club	#1-8	7:00am
COLORADO STARS	#1-3	7:40am
Colorado Athletic Club	#6-8	7:20am
Mission Aurora Colorado Swimmi	#4-5	7:40am
Greenwood Tiger Sharks	#6-7	7:40am
Denver Swim Academy	#4-5	7:20
Fort Collins Area Swim Team	#1-2	7:20
Aquawolves Swim Team	#3-4	7:20
Longmont Swim Club	#2	7:20

**Warm-up Starts at 10:50 AM
Saturday & Sunday Mid-day
Starts at 11:55 AM**

Team	Lane	Warm-up
Loveland Swim Club	#1-6	10:50
Colorado Athletic Club	#1-3	11:10
Greenwood Tiger Sharks	#4-6	11:10
Mission Aurora Colorado Swimmi	#1-3	11:30
COLORADO STARS	#4-6	11:30
Aquawolves Swim Team	#7-8	11:10
Denver Swim Academy	#7-8	11:50
Fort Collins Area Swim Team	#8	11:10
Longmont Swim Club	#7	11:10
Rawlins Swim Team	#7	11:10

**Warm-up Starts at 2:55 PM
Saturday & Sunday Afternoon
Starts at 4:10 PM**

Team	Lane	Warm-up
Loveland Swim Club	#1-7	2:55
Colorado Athletic Club	#1-4	3:20
Greenwood Tiger Sharks	#5-7	3:20
Denver Swim Academy	#1-2, 3	3:45
Mission Aurora Colorado Swimmi	#4-5, 3	3:45
COLORADO STARS	#6-7	3:45
Aquawolves Swim Team	#8	3:45
Longmont Swim Club	#8	3:20
Fort Collins Area Swim Team	#8	2:55
Rawlins Swim Team	#8	2:55