

# 2011 POLAR BEAR SWIM FEST

## WARMUPS

Warmups will be 1 hr long. This will allow you to control when to put your little guys in and when to put your big guys in.

Lane 1 BLAS/SAST

Lane 2 GSST

Lane 3 PNY

Lane 4 TNT

Lane 5 DDST/HBTS

Lane 6 SWAT