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# WARM-UP SCHEDULE

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**Feet first entry only (NO DIVING) except in designated sprint lanes**

Pace lanes start in the water

## COMPETITION POOL

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Warm-ups will be supervised by a referee and other officials

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Monday	6:00 AM – 4:30 PM 4:30 – 5:00 PM  5:00 PM	General warm-up - NO DIVING Lanes 1, 2 & 3 Pace Lanes - NO DIVING Lanes 4, 5, 6 & 7 General Warm-up - NO DIVING Lanes 8 & 9 Pace Lanes - NO DIVING Lane 10 ONE WAY SPRINTS from start end POOL CLOSED
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Tues. – Fri. Morning	6:00 – 7:45 AM 7:45 – 8:15 AM  8:15 AM	General warm-up - NO DIVING Lanes 1 & 10 Pace Lanes - NO DIVING Lanes 2 & 9 ONE WAY SPRINTS from start end Lanes 3 & 8 ONE WAY SPRINTS from turn end Lanes 4, 5, 6 & 7 General Warm-up - NO DIVING POOL CLOSED
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Tuesday Evening	4:00 – 4:30 PM 4:30 – 5:00 PM  5:00 PM	General warm-up - NO DIVING Lanes 1 & 10 Pace Lanes - NO DIVING Lanes 2 & 9 ONE WAY SPRINTS from start end Lanes 3 & 8 ONE WAY SPRINTS from turn end Lanes 4, 5, 6 & 7 General Warm-up - NO DIVING POOL CLOSED
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Wed. – Fri.	4:00 – 4:45 PM 4:45 – 5:15 PM  5:15 PM	General warm-up - NO DIVING Lanes 1 & 10 Pace Lanes - NO DIVING Lanes 2 & 9 ONE WAY SPRINTS from start end Lanes 3 & 8 ONE WAY SPRINTS from turn end Lanes 4, 5, 6 & 7 General Warm-up - NO DIVING POOL CLOSED
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## DIVING WELL POOL - NO DIVING

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Coaches **MUST** monitor their swimmers

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The pool will be open during all warm-ups and preliminary, time trials and final sessions

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Tues. – Fri.	6:00 AM – end of Time Trials 4:00 PM – end of finals	General Warm-up General Warm-up
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*Warm-Up Schedule Subject to Change*

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