

2024 YMCA National Long Course Championships Warm Up Schedule

Tuesday, July 30 – Saturday, August 3

- **"Three-Point Entry" ONLY** (*no diving except in designated sprint lanes*).
- Pace lanes and General Warm-Up lanes – in water, **"Push Start"** only.
- No training equipment in the Competition Pool.

COMPETITION POOL

PRELIMINARIES

7:00 – 8:00 AM	General Warm-Up	
8:00 – 8:45 AM	Lanes 1,10	Circle Pace
	Lanes 2,9	One-Way Dive from Start End
	Lanes 3,8	One-Way Dive from Turn (diving board) End
	Lanes 4,5,6,7	General Warm up
8:45 AM	Clear Pool	Reflection & National Anthem
9:00 AM	Start of Prelims Competition	

FINALS

Note: Competition Pool Closes at 5:00 PM every evening before Finals (except Tues. - 4:50 PM)

4:00 – 4:30 PM	General Warm-Up	
4:30 – 5:00 PM	Lanes 1,10	Circle Pace
	Lanes 2,9	One-Way Dive from Start End
	Lanes 3,8	One-Way Dive from Turn (diving board) End
	Lanes 4,5,6,7	General Warm up
5:00 PM	Clear Pool	Reflection & National Anthem;
5:15 PM	Start of Finals Competition	

WARM – UP POOL (outside)

- General warm-up and warm-down is permitted during all sessions.
- Coaches must monitor swimmers.
- **No Starts permitted.** Use "Three Point Entry" at all times.

Warm Up Schedule subject to change