

2014 LONG COURSE WARM UP SCHEDULE

Feet first, three point entry only (NO DIVING) except in designated sprint lanes

Pace lanes start in the water

COMPETITION POOL

Warm-ups will be supervised by Coaches and Life Guards
Specific Warm-up will also be monitored by a Referee and Starter

Monday	6:00 AM – 4:30 PM	General warm-up - NO DIVING
FINALS	4:30 – 5:15 PM	Lanes 1, 2, 7 & 8 Pace Lanes - NO DIVING Lanes 3, 4, 5 & 6 General Warm-up - NO DIVING Lane 8 ONE WAY SPRINTS from Diving Well end
	5:00 PM	POOL CLOSED
	5:15 PM	POOL CLOSED
	5:30 PM	COMPETITION BEGINS

Tues. – Fri.	6:00 – 7:45 AM	General warm-up - NO DIVING
PRELIMS	7:45 – 8:15 AM	Lanes 1 & 8 Pace Lanes - NO DIVING Lanes 2 & 7 ONE WAY SPRINTS from Diving Well end Lanes 3 & 6 ONE WAY SPRINTS from Score Board end Lanes 4 & 5 General Warm-up - NO DIVING
	8:15 AM	POOL CLOSED
	8:30 AM	COMPETITION BEGINS

Tuesday	4:00 – 4:30 PM	General warm-up - NO DIVING
FINALS	4:30 – 5:00 PM	Lanes 1 & 8 Pace Lanes - NO DIVING Lanes 2 & 7 ONE WAY SPRINTS from Diving Well end Lanes 3 & 6 ONE WAY SPRINTS from Score Board end Lanes 4 & 5 General Warm-up - NO DIVING
	5:00 PM	POOL CLOSED – OPENING CEREMONIES
	5:30 PM	COMPETITION BEGINS

Wed. – Fri.	4:00 – 4:45 PM	General warm-up - NO DIVING
FINALS	4:45 – 5:15 PM	Lanes 1 & 8 Pace Lanes - NO DIVING Lanes 2 & 7 ONE WAY SPRINTS from Diving Well end Lanes 3 & 6 ONE WAY SPRINTS from Score Board end Lanes 4 & 5 General Warm-up - NO DIVING
	5:15 PM	POOL CLOSED
	5:30 PM	COMPETITION BEGINS

DIVING WELL AND WARM UP POOL- NO DIVING

Coaches **MUST** supervise their swimmers

The DIVING WELL and WARM UP POOL will be open during all warm-ups and preliminary, time trials and final sessions

Tues. – Fri.	6:00 AM – end of Time Trials	General Warm-up
	4:00 PM – end of finals	General Warm-up

Warm-Up Schedule Subject to Change
