

# 2016 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

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

Following the 200 M Freestyle Relays the competition pool will be open for 1500 M Freestyle warm-up for 15 minutes.

Prior to the 1500 M Freestyle, the "Instructional Pool" is open only for 1500 M Freestyle warm-up. Diving well is open for both relay and 1500 warm-up.

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

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

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

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### DIVING WELL AND WARM UP POOL- NO DIVING

The DIVING WELL and WARM UP 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	General Warm-up
	4:00 PM – end of finals	General Warm-up