

# 2018 Short Course Warm Up Schedule

- Warm-Ups will begin at **6:00 AM AND 4:00 PM.**
- **“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 after 8:00 AM and 4:00 PM (includes, but not limited to paddles, fins, boards, buoys, and snorkels)

## COMPETITION POOLS

Tuesday, April 3 – Saturday, April 7, 2018

### PRELIMINARIES

6:00 AM – 8:00 AM	General Warm-Up	
<b><u>SCORE BOARD COURSE</u></b> 8:00 AM – 8:45 AM	<b>( Men – Tues,Thur,Sat</b>	<b>Women -Wed. Friday.)</b> Lanes 2,7 One Way Sprint Lanes 1,8 Circle Pace Lanes 3,4,5,6 General Warm Up
<b><u>DIVING WELL COURSE</u></b> 8:00 AM – 8:45 AM	<b>( Women - Tues,Thur,Sat</b>	<b>Men -Wed. Friday.)</b> Lanes 2,7 One Way Sprint Lanes 1,8 Circle Pace Lanes 3,4,5,6 General Warm Up
8:45 AM	Clear Pools	Devotion – National Anthem
9:00 AM	Start of Competition	

### FINALS

*Note: Competition Pool Closes at 5:00 PM every evening before Finals*

<b><u>DIVING WELL COURSE</u></b> 4:00 PM – 4:30 PM	General Warm-Up	
4:30 PM – 5:00 PM	Lanes 2,7 Lanes 1,8 Lanes 3,4,5,6	One Way Sprint Circle Pace General Warm Up
5:00 PM 5:15 PM <b>(5:30 on Tues.&amp; Wed.)</b>	Clear Pool Start of Finals Competition	Devotion – National Anthem and Opening ceremonies on Wednesday
<b><u>SCORE BOARD COURSE</u></b> 4:00 PM – End of Finals	General Warm-Up (During FINALS certain lanes will be closed)	

## WARM – UP POOLS (DIVING WELL AND THERAPY POOL)

- General warm-up and warm-down is permitted during all sessions
- Coaches must monitor swimmers
- No ‘SPRINT STARTS’ permitted, **“Three Point Entry”** only at all times

*Warm Up Schedule is subject to change*