

2019 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 in the Competition Pools or Dive Well Pool

COMPETITION POOLS

Monday, April 1 – Friday, April 5, 2019

PRELIMINARIES

6:00 AM – 7:45 AM	General Warm-Up	
<u>SCORE BOARD COURSE</u> 7:45 AM – 8:30 AM	(Men – Mon, Wed, Fri) Lanes 2,7 Lanes 1,8 Lanes 3,4,5,6	(Women -Tue. Thur.) One Way Sprint Circle Pace General Warm Up
<u>DIVING WELL COURSE</u> 7:45 AM – 8:30 AM	(Women - Mon, Wed, Fri) Lanes 2,7 Lanes 1,8 Lanes 3,4,5,6	(Men - Tue. Thur.) One Way Sprint Circle Pace General Warm Up
8:30 AM	Clear Pools	Devotion – National Anthem
8:45 AM	Start of Competition	

FINALS

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

<u>DIVING WELL COURSE</u> 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	Clear Pool Start of Finals Competition	Devotion – National Anthem and Opening ceremonies on Tuesday
<u>SCORE BOARD COURSE</u> 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