

2019 LONG COURSE WARM UP SCHEDULE

COMPETITION POOL

Warm Ups will be supervised by Coaches and Life Guards
Specific Warm Up will also be monitored by a Referee or Starter

Tuesday	6:00 – 3:30 PM	General Warm Up – All Swimmers
FINALS	3:30 – 4:30 PM	General Warm Up - NO DIVING – Evening Swimmers ONLY
	4:30 – 5:00 PM	Lanes 1 & 8 Pace Lanes - NO DIVING
		Lanes 2 & 7 One Way Sprints
		Lanes 3, 4, 5 & 6 General Warm Up - NO DIVING
	5:00 PM	POOL CLOSED
	5:15 PM	COMPETITION BEGINS
	After Relays	15 Minute warm-up for 1500 M Freestyle Swimmers
Wed.- Sat.	6:00 – 7:30 AM	General Warm Up, All lanes - NO DIVING
PRELIMS	7:30 – 8:15 AM	Lane 1 Backstroke Starts from both ends (Wed, Thurs, Sat)
		Lanes 2 & 7 One Way Sprints
		Lanes 3, 4, 5 & 6 General Warm Up - NO DIVING
		Lane 8 Circle Pace Lane (also Lane 1 on Friday) - NO DIVING
	8:15 AM	POOL CLOSED
	8:30 AM	COMPETITION BEGINS
Wednesday	3:45 – 4:15 PM	General Warm Up, All lanes - NO DIVING
FINALS	4:15 – 4:45 PM	Lane 1 Backstroke Starts from both ends
		Lanes 2 & 7 One Way Sprints
		Lanes 3, 4, 5 & 6 General Warm Up - NO DIVING
		Lane 8 Circle Pace Lane - NO DIVING
	4:45 PM	POOL CLOSED – PARADE AND OPENING CEREMONIES
	5:15 PM	COMPETITION BEGINS
Thur. - Sat.	4:00 – 4:30 PM	General Warm Up, All lanes - NO DIVING
FINALS	4:30 – 5:00 PM	Lane 1 Backstroke Starts from both ends (Thurs, Sat)
		Lanes 2 & 7 One Way Sprints
		Lanes 3, 4, 5 & 6 General Warm Up - NO DIVING
		Lane 8 Circle Pace Lane (also Lane 1 on Friday) - NO DIVING
	5:00 PM	POOL CLOSED
	5:15 PM	COMPETITION BEGINS

INSTRUCTIONAL POOL

Warm-ups will be supervised by Coaches and Life Guards

Tuesday	6:00 AM – end of finals	General Warm Up/Warm Down, All lanes - NO DIVING
Wed. – Sat.	6:00 AM – end of Time Trials	General Warm Up/Warm Down, All lanes - NO DIVING
	4:00 PM – end of finals	General Warm Up/Warm Down, All lanes - NO DIVING

USE OF TRAINING EQUIPMENT

(includes but not limited to paddles, fins, boards, bouys, stretch cords and snorkels)

- Training equipment is not allowed in the competition pool at any time during warm-ups.
- Training equipment will be allowed in the instructional pool when general warm-ups are taking place in the competition pool.
- The coach whose athletes are utilizing training equipment should monitor its use to insure a safe environment for all athletes.
- Once the competition pool switches to specific warm-up then training equipment is no longer allowed in the instructional pool.
- Training equipment will not be allowed in the instructional pool when prelims, time trials or finals sessions are taking place in the competition pool.