

2015 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
Except for sprint lanes, enter from Diving Well end ONLY

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

Following the 200 M Medley 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.

| | | |
|---------------------|----------------|---|
| 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

The DIVING WELL and WARM UP POOL will be open during all warm-ups and preliminary, time trials and final sessions. All entries in the diving well and warm up pool will be from the EAST end ONLY.

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