

2016 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 7:45 AM and 4:00 PM (includes, but not limited to paddles, fins, boards, buoys and snorkels)

COMPETITION POOLS

Monday, April 4 – Friday, April 8, 2015

PRELIMINARIES

6:00 AM – 7:45 AM	General Warm-Up	
<u>SCORE BOARD COURSE</u>		
7:45 AM – 8:30 AM	Lanes 2,7 Lanes 1,8 Lanes 3,4,5,6	One Way Sprint Circle Pace General Warm Up
<u>DIVING WELL COURSE</u>		
7:45 AM – 8:30 AM	Lanes 2,7 Lanes 1,8 Lanes 3,4,5,6	One Way Sprint Circle Pace General Warm Up
8:45 AM	Clear Pools	Devotion – National Anthem
9:00 AM	Start of Competition	

FINALS

Note: Competition Pool Closes at 5:15 PM every evening before Finals, except Tuesday

<u>DIVING WELL COURSE</u>		
4:00 PM – 4:30 PM	General Warm-Up	
4:30 PM – 5:15 PM (4:30 – 5:00 on Tue.)	Lanes 2,7 Lanes 1,8 Lanes 3,4,5,6	One Way Sprint Circle Pace General Warm Up
5:15 PM	Clear Pool	Devotion – National Anthem and
5:30 PM (5:45 on Tues.)	Start of Finals Competition	Opening ceremonies on Tues.

SCORE BOARD COURSE

WARM – UP POOLS (DIVING WELL AND THERAPY POOL)

4:00 PM – End of Finals General Warm-Up (During FINALS certain lanes will be closed)

- 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***

