

# 2017 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 7:30 AM and 4:00 PM (includes, but not limited to paddles, fins, boards, buoys and snorkels)

## COMPETITION POOLS

Monday, April 3 – Friday, April 7, 2017

### PRELIMINARIES

6:00 AM – 7:30 AM	General Warm-Up	
<b><u>SCORE BOARD COURSE</u></b>	<b>( Men - M, W, F    Women -Tues. Thur. )</b>	
7:30 AM – 8:30 AM	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>	<b>( Women - M, W, F    Men - Tues. Thur. )</b>	
7:30 AM – 8:30 AM	Lanes 2,7	One Way Sprint
	Lanes 1,8	Circle Pace
	Lanes 3,4,5,6	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*

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

## 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*