



Radford Aquatics



2017 January Joust WARM-UP SCHEDULE

****Session 1 – Sunday AM – 10 & Under, January 22, 2017****

Events 1 - 24

Warm-Ups: 7:40 AM – 8:40 AM

NO DECK ENTRIES

Positive Check-In by 8:25 AM

(for 500 Free Events 23 & 24 and Relay Changes / Scratches)

1st Warm-Up Session

7:40 AM – 8:10 AM

TEAMS	LANE
SWAT	1
SWAT	2
RAST	3
RAST	4
RAST	5
RAST	6
BAT/DSSC	7

2nd Warm-Up Session

8:10 AM – 8:40 AM

TEAMS	LANE
EPAP	1
EPAP	2
BLST	3
BLST	4
BLST	5
CCSC/WETT	6
AGGI/ASA/JCAT	7

Session Starts 9:00 AM

****Session 2 – Sunday PM – 11 & Over, January 22, 2017****

Events 25 - 54

Warm-Ups: 12:30 PM – 1:30 PM

NO DECK ENTRIES

Positive Check-In by 1:15 PM

(for 400 IM Events 27 & 28, 500 Free Events 35 & 36
and 1650 Free Events 53 & 54 and Relay Changes / Scratches)

1st Warm-Up Session

12:30 PM – 1:00 PM

TEAMS	LANE
EPAP	1
EPAP	2
EPAP	3
RAST	4
RAST	5
RAST	6
RAST	7

2nd Warm-Up Session

1:00 PM – 1:30 PM

TEAMS	LANE
SWAT	1
DSSC	2
BAT	3
WETT	4
BLST	5
CCSC/JCAT	6
AGGI/ASA	7

Session Starts 1:50 PM



BORDER WARM-UP AND MEET SAFETY PROCEDURES

WARM-UPS:

1. All Coaches will serve as marshals during warm ups and will be responsible for monitoring and enforcing safety rules and regulations in assigned warm up lanes.
2. Meet warm ups shall be scheduled for two 30 minute sessions. Teams shall be assigned a warm up session and notified of such session by the host team. When the number of swimmers does not warrant splitting the session, one warm up session may be held. If the number of swimmers warrant three sessions, the sessions will be 20 minutes each.
3. The first twenty (20) minutes (fifteen minutes if three sessions) of each session shall be designed as a GENERAL WARM UP SESSION. There shall be FEET FIRST ENTRIES ONLY AND AT ALL TIMES during the general warm up session. Lanes may be used for pace, circle, or return swim only. Swimmers shall not mount the starting blocks at any time. The pace shall be carefully controlled by the coaches. Loitering and visiting in the lanes is not allowed.
4. During the last ten (10) minutes (five minutes if three sessions) of each warm up session, you may use your assigned lane as a sprint lane.

MEET:

1. Meet officials working the meet shall serve as safety marshals.
2. Warm up and warm down lanes, if provided by the host team, will operate under the same rules and regulations and general warm-up lanes, with the exception that a maximum of 10 swimmers will be allowed in the warm-up/down lane at any one time.

GENERAL:

1. No running, fighting, or horseplay will be allowed.
2. Dangerous objects are banned, including but not limited to the following: skateboards, hard balls, rocks, marbles, guns, glass, slingshots, appliances or radios using anything other than batteries, chewing gum or candy (in the water), and any other object deemed unsafe by a coach, chaperone, or safety official.
3. No towel popping.
4. Smoking and/or use of other tobacco products and/or the consumption of alcoholic beverages is prohibited in all areas of the venue, including, but not limited to, the pool deck, locker rooms, spectator seating or standing areas, and in all areas used by swimmers.
5. No swimming perpendicular to lane lines.
6. The coach, chaperones, or safety marshal in charge must remain on the premises until all other participants have departed.