

# SUMMER SENIOR STATE 2021

## WARM-UP PROCEDURES

- Warm ups will not be split into sessions
- No lane assignments will be made for warm-ups.
- The instructional pool will be available during prelims for warm-ups.

NOTE: Marshals will be monitoring and enforcing warm-up procedures. Coaches, please review the following: [Warm-up Procedures](#)

WARM-UP SCHEDULE						
	<b>General Warm-up</b> NO DIVING	<b>Sprint</b> Racing starts from starting end only. Swim one way. Walk back	<b>Pace</b>	<b>General Warm-up</b> NO DIVING	<b>Close Pool</b>	<b>Meet Starts</b> <b>Not before</b>
	<b>ALL LANES</b>	<b>Lanes</b> <b>2,3,8**,9**</b>	<b>Lanes</b> <b>1, 10</b>	<b>Lanes</b> <b>4-7</b>		
<b>PRELIMS</b>						
<b>Men</b> Fri -Sun	6:30 am – 7:15 am	7:15 am – 7:45 am			7:45 am	8:00 am
Sun - Men's 800 Free	3:00*pm – 3:25pm	3:25pm – 3:35pm			3:35pm	3:45 pm
<b>Women</b> Fri , Sun	10:00 am – 10:45 am	10:45 am – 11:15 am			11:15 am	11:30 am
Sat	10:30 am – 11:30 am	11:30 am – 11:45 am			11:45 am	Noon
<b>FINALS</b>						
Th	4:00*pm – 4:45pm	4:45 pm – 5:00 pm			5:00 pm	5:15 pm
Fri -Sun	4:15pm* – 5:00 pm	5:00 pm – 5:15pm			5:15 pm	5:30 pm
*Warm-ups will start not earlier than						
**Saturday and Sunday only lanes 8 and 9 will be sprint one way from scoreboard end.						

- FEET FIRST ENTRY ONLY
- NO EQUIPMENT(snorkels, fins, kickboards, stretch cords, paddles, etc.) is permitted in the competition pool at any time.