

Age Groups State Warm-Up Schedule

Friday, Saturday, Sunday Prelims

8:30-9:25am Open
9:25-9:50am Control Warm Ups
 Lanes 0, 9 Pace
 Lanes 1,2,8 One Way Sprints
10:00am Meet Start

Friday Finals & 10&under 500free, and B session

5:00-5:35pm Open with Scoreboard Pool Lanes 0-3 reversed for 10&under swimmers
5:35-5:50pm Control Warm Ups
 Lanes 0, 9 Pace
 Lanes 1,2,8 One Way Sprints
6:00pm Meet Start

Saturday & Sunday Events 121-188

1:30-1:50 Open
 Diving Well & Center Pool Reserved for 10&unders
 Scoreboard Pool 11-14 year olds
1:50-2:05 Control Warm Ups
 Lanes 0, 9 Pace
 Lanes 1,2,7,8 One Way Sprints
2:15pm Meet Start

Saturday & Sunday Finals

5:00-5:35 Open
5:35-5:50 Control Warm Ups
 Lanes 0,9 Pace
 Lanes 1, 2, 8 One Way Sprints
6:00pm Meet Start

*Diving Well will be open during all warm up sessions. Reminder during the Friday, Saturday, and Sunday AM Relays the scoreboard pool will be open. Scoreboard pool will close after the last relay.