

**Warm Up Schedule**

**2019 EZ LC Age Group Championship, August 7-10, 2019**

**Warm Up Schedule: 13 and Over Sessions:**

**Wednesday and Friday Morning – Prelim Session**

**Warm up A – 6:45 to 7:25 am –** MA, PV, AD, MR, NJ

**Warm up B – 7:25 to 8:05 am –** AM, CT, NI, VA, NE, ME

**Thursday and Saturday Morning –** Prelim Session: Warm up B goes first (6:45 to 7:25) and Warm up A goes second (7:25 to 8:05)

**Warm up Schedule: 12 and Under Sessions: 25 minutes each session**

**Wednesday and Friday Afternoon**

**Warm up A –**  MR, PV, VA, NE, ME

**Warm up B –** AD, AM, MA, NI, NJ, CT

**Thursday and Saturday Afternoon – Reverse order, with Warm up B starting first.**

**Approximate beginning time for 12 & Under warm-up sessions:**

* **Wednesday: begin at 12:00**
* **Thursday: begin at 11:30**
* **Friday: begin at 11:00**
* **Saturday: begin at 12:00**

**During all preliminary warm up sessions, coaches are expected to monitor the lanes and determine how they are used. (ie general, pace, sprint).**

**All Finals Sessions**

**Finals warm up session will start at 4:30 PM or immediately following the completion of the 12 & U session, whichever is later. The warm up session will last 50 minutes. During the last 25 minutes of warm ups, Lanes 1 and 8 will be pace, Lanes 2 and 7 sprint, and Lanes 3, 4, 5, and 6 General. Referees will open additional lanes for pace or sprint as needed. The competition pool will be cleared at 5:20 pm.**

**The Warm up, Cool Down pool will be open for General warm up during all warm up sessions and during competition.**