

NCSA Summer Championship Warm-Up Schedule

Sunday, 8/8/21: Open Warm-up 12:00-8:00 PM

Monday, 8/9/21: Open Warm-up 8:00 AM-8:00 PM

Tuesday, 8/10- Saturday 8/14:

6:00 AM-8:00 AM: Open Warm-up

8:00-8:50 AM: Push/Pace Lanes 1 and 8

8:20-8:50: Sprint Lanes 2 and 7

***Legacy Pool and Short Course Pool will be open warm up 6:00 AM-End of Prelims, please use Short Course Pool for Push/Pace work during the Meet.**

4:00-450 PM: Open Warm-up

4:50-5:20 PM: Lanes 1 and 8 Pace Lanes

4:50-5:20 PM: Lanes 2 and 7 Sprint Lanes

***Legacy Pool and Short Course Pool will be open warm up 4:00 PM-End of Finals, please use Short Course Pool for Push/Pace work during the Meet.**