



Pre-Meet Warm Ups

Swimmers should check in with a coach when they arrive.
Swimmers will be given a time that the group will start warm ups for each meet.
Swimmers should wear a DART cap for warmups.

Beginner and Intro

4x25 freestyle
4 x 25 stroke (IMO if they can do all strokes)
6 x25 stroke that they are swimming at the meet
Starts

Yellow

200 freestyle
100 IM
5 X 50 stroke that they are swimming at the meet
Starts

Blue

200 freestyle
200 IM (kick/swim by 25)
6 x 50 build
Starts

Age Group 1 and 2

400 freestyle
200 IM
200 (100 kick/100 drill) stroke they they are swimming at the meet
2 x 50 free-build
2 x 50 stroke-build
Starts

Senior and National

400 freestyle
4x100 kick/swim mix
4 x100 drill/swim mix
4 rounds (50 build to race tempo/25 stroke count for race)
2 x 50 push pace with a coach
Starts-optional