



COMPETITION POOL WARM UP SCHEDULE PRIOR TO PRELIMS

7:00 - 7:30	All Lanes	General Warm Up Circle Swim Only No Racing Starts
7:30 - 8:15	Lanes 1, 2, 7, 8	Pace Lanes Push off Only Circle Swim Only
	Lanes 3-6	General Warm Up Circle Swim Only
8:15 - 8:45	Ln 1 & 8	Pace Lanes Push off Only Circle Swim Only
	Ln 2 & 7	Sprint Lanes 1 way Only
	Lanes 3-6	General Warm Up Circle Swim Only

**Relay Only Swimmers warm ups begin
at 9:00 a.m.**

COMPETITION POOL WARM UP SCHEDULE PRIOR TO FINALS

Until 3:00	Ln 1 & 8	Pace Lanes Push off Only Circle Swim Only
	Lns 2 - 7	General Warm Up Circle Swim Only
3:00 - 3:45	Lanes 1, 2, 7, 8	Pace Lanes Push off Only Circle Swim Only
	Lanes 3-6	General Warm Up Circle Swim Only
3:45 - 4:45	Ln 1 & 8	Pace Lanes Push off Only Circle Swim Only
	Ln 2 & 7	Sprint Lanes 1 way Only
	Lanes 3-6	General Warm Up Circle Swim Only

Additional sprint lanes will be opened by
Meet Officials as required, in the following
order - 3, 6, 4, 5



GENERAL CONSIDERATIONS

The 3:45 - 4:45 warm up period for finals in the Competition Pool is reserved for competitors in that evening's event. Other athletes should use the Program Pool.

No diving into the pool at any time unless in a sprint lane.

FEET FIRST ONLY!

Please follow the established schedule. If you believe special circumstances exist or additional sprint lanes are needed, please contact officials on deck.

Coaches should maintain contact with their swimmers as much as practical - verbally and visually - throughout the warm up period.

Swimmers and coaches, please cooperate with Marshals regarding procedures

Swimmers should not step up onto the blocks when a backstroker is starting



NO EQUIPMENT IN COMPETITION POOL